

WORKSHOPS & PRESENTATIONS

All of our workshops are fast paced (usually run from 45-60 min.) interactive sessions with a workbook to follow along and strategies that can be implemented immediately

- 1. Coaches - “Reaching the Minds & Heart of the 21st Century Athlete”**
In this Workshop we explore all the factors that have changed the landscape of athletics today and what we need to do to motivate the 21st c. Athlete. Practical ideas are provided during the workshop
- 2. “How to Become a Coach of Impact”**
This Workshop is an online based program that coaches can work on and then have discussions with their AD or Staff. The 3 major components covered as individual modules are “How To...” Connection- Care -Communicate. Included are Key Concepts and practical ideas to use in practices and games
- 3. Coaches & Athletic Directors – “5 Keys to Leaving Your Legacy”**
5 simple and easy to apply concepts to help you “leave your legacy “for your athletic community and beyond sports in your personal lives. We have seen people come out of this session reenergized and excited to put the principles to everyday use!
- 4. Coaches - “Developing a Game Plan for Working with Parents”**
Ask any coach if he has plans or strategies to put in for offensive, defensive and special situations and you will get immediate answers. However, than ask them if they have similar specific strategies to work with their parents. This workshop will present a basic, practical approach to give Coaches a “Game Plan” to utilize with parents. It will cover what we call the “Pro34 Game Plan” (Developed by ETA356) that has been used across the country to help coaches successfully navigate these testy waters! One of our most popular workshops.
- 5. Coaches & Teams -” Planning a Preseason Team Retreat”**
After our coaches are “3D ready”, they can take the concepts and ideas learned into their team environments. In this session we help coaches plan a Preseason retreat that incorporates the 3D principles as well as using teambuilding and goal setting concepts. Teams that come out of these retreats tell us how they have an instant effect of teamwork, cohesion, and focus. These workshops are DIAA Approved that can be done anytime of the year!
- 6. Parents – “Helping Your 21st C. Athlete Enjoy the Experience of Sports”**
We discuss in an entertaining way the challenges of working with youth today and Ideas and principles we can use to help their “journey” be more fulfilling.

