



New Team – New Challenges

Program Information

NEW TEAM – NEW CHALLENGES

WORKSHOP

Time: 1.5 hours

New Team – New Challenges will teach you...

1. **Trust in your team / yourself**
2. **Being a leader / Comparing**
3. **Self-Talk / Mental Toughness**
4. **Ego check / Art of Listening**
5. **Preparing for bigger picture**
6. **Not ME but WE**

Objectives

An open / interactive workshop focusing in on all the negative questions and issues students deal when it comes to playing basketball.

My goal is to educate players on the basics of what it takes to survive teaching them lessons they will deal within their own life and to apply their strengths towards their game most importantly themselves. Keeping it *simple, interactive* but in the same time addressing questions equipping them with the fundamentals to apply towards their own personal success.

It is better to be prepared for an opportunity and not have one, than to have opportunity and not be prepared.

Whitney Young

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