

CHARACTER & LEADERSHIP DEVELOPMENT PROGRAM

Goal: Provide student-athletes valuable skills that will benefit them in athletic competitions, the classrooms, their communities and their future careers.

The PCA **CHARACTER & LEADERSHIP DEVELOPMENT PROGRAM** consists of a curriculum of four (4) workshops designed to educate student-athletes on PCA's foundational principles and how to put those principles to use every day. Each workshop is a 50-minute, highly interactive session integrating group learning and case study techniques.

PCA also offers corresponding workshops for Administrators, Coaches and Parents.

PART 1: Becoming a Triple-Impact Competitor®

This workshop for student-athletes teaches them how to become a Triple-Impact Competitor, impacting sport on three levels by working to improve oneself, teammates and the game as a whole. Key Topics Include:

- **Mastery** – effort, learning and bouncing back from mistakes;
- **Filling Emotional Tanks** with truthful, specific praise and constructive criticism;
- Advancing the sportsmanship values by **Honoring the Game**.

PART 2: Making Teammates Better: Leadership

This workshop for student-athletes provides a deeper view into Filling Emotional Tanks and how teammates can help each other improve. Key topics include:

- **Positive and productive communication**, including conflict resolution
- **Leadership** and how all athletes, regardless of status or class year, can contribute
- **Leadership during COVID** – quarantine and return to sports

PART 3: Making Teammates Better: Positive Initiation and Hazing

This workshop for student-athletes provides a continued look at Filling Emotional Tanks and the use of Positive Initiation to welcome new teammates. Key topics include:

- **Hazing** and exploration of common team traditions
- **Upstanders vs. Bystanders**
- **Positive initiation** and team bonding
- **Inclusive culture creation** – sports can unite!

PART 4: Honoring the Game: Social Media Use

This workshop for student-athletes provides a deeper view into how social media can impact athletes and teams and ideas for positive use. Key Topics include:

- **Defining your personal brand**
- **Effects and consequences** of social media posts
- **Positive digital citizenship**
- **Moral courage** and bystanders vs. upstanders

