

MAKING TEAMMATES BETTER: **Leadership and Positive Initiation**

This workshop for student-athletes of high school-age and older provides a deeper view into how teammates can help each other improve, one of the three key components in PCA's original workshop for student-athletes titled *Becoming A Triple-Impact Competitor®*.

Participants in this research-based interactive workshop learn why and how even top professional athletes commit to Filling Emotional Tanks of their teammates (i.e., providing specific, truthful praise and a generally supportive environment). Your athletes actually begin practicing this approach to leadership in the workshop itself!

Portions of the workshop also explain how all athletes, regardless of starting status or class year, can contribute leadership. Your players learn how to communicate with each other, and push each other, *positively*, especially in difficult situations.

Finally, the workshop teaches teammates how to welcome new players informally, starting on day one, and formally, through Positive Initiation. Those techniques, which create bonds and move teams toward their full potential, are contrasted with hazing, including a section of the workshop instructing players in how to prevent and stop hazing.

