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 is a curriculum of four (4) workshops for student-athletes that outline PCA's foundational principles and how to put those principles to use. 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 teaches 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 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 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 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