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, 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 supportive environment). Your athletes will practice this approach to leadership during the workshop!

Portions of the workshop explain how all athletes can contribute leadership, regardless of starting status or class year. Your players learn 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. These techniques create bonds and move teams toward their full potential. A section of the workshop contrasts this with hazing, and how to prevent it.