



MAKING TEAMMATES BETTER

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!

"We define leadership as the ability to make those around you better. This is accessible to everyone - not just the best player."

-Jack Clark, 28 time National Champion Rugby Coach (PCA National Advisory Board Member)

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DATE:

TIME:

LOCATION:

CONTACT:

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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 have access to a handout containing valuable tips and reminders about best practices shared from the workshop. This flyer can be accessed from the PCA Partner Site and distributed by your Athletic Director or PCA Coordinator.