



TRIPLE-IMPACT COMPETITOR® Strengthen Yourself, Your Teammates, & The Game



**A WORKSHOP THAT TEACHES ATHLETES
HOW TO POSITIVELY CONTRIBUTE TO
THEIR TEAM'S SUCCESS AND CULTURE.**

WHY IT MATTERS?

Sports today can feel like a pressure cooker. Wins and losses define success, athletes feel isolated, and stress is often ignored until it hurts performance and well-being.

Without the right tools, athletes may struggle to manage challenges, support their teammates, or see their role in shaping the culture of the game.

HOW THIS WORKSHOP HELPS

- Athletes learn to improve themselves through effort, resilience, and skill mastery.
- Athletes discover how to lift up teammates with meaningful encouragement and honest feedback.
- Athletes commit to honoring the game by navigating challenging situations with dignity and self-respect.

WHY IT WORKS

- More resilience = better performance under stress
- Stronger connections = tighter, more united teams
- A broader definition of success = athletes who lead in sports and life

ATHLETES WALK AWAY WITH

- Practical skills to manage stress and stay focused
- A leadership mindset that inspires teammates and strengthens team culture
- Confidence to set a positive example on and off the field

**THIS WORKSHOP EQUIPS ATHLETES TO COMPETE HARD AND LEAVE THE GAME
BETTER THAN THEY FOUND IT.**

SCAN FOR MORE INFO

