

ATHLETE LEADERSHIP WORKOUT



Training to increase performance on and off the field.

Performed by:



N O R T H W E S T
P E R F O R M A N C E P S Y C H O L O G Y

NorthwestPerformancePsychology.com

Next Session:

When: Sat Oct 7th 3pm-6pm OR Sun Oct. 8th 9am-12pm

Where: Redmond Ridge Physical Therapy Center

Investment: \$200

Contact: Text "Athlete Leadership" to 425-409-9270

Or register at www.NorthwestPerformancePsychology.com

Create a sustainable performance core by maximizing your SELF

Strength: Build performance skills by increasing awareness of values, communication, and decision-making styles.

Endurance: Outlast opponents by knowing how to maintain motivation.

Leadership: Utilize management skills for achieving team, academic and other life goals.

Flexibility: Understand how to adapt to challenges, setbacks and stressful situations.



This unique interactive workshop utilizes the DISC assessment tool to develop effective performance mindsets and leadership abilities.

Through experiential learning activities, athletes will:

- Develop a high performance strategy for training and competition
- Strengthen leadership skills and leadership role on team
- Apply new skills and self awareness to increase success in academics, college applications and other life goals.