

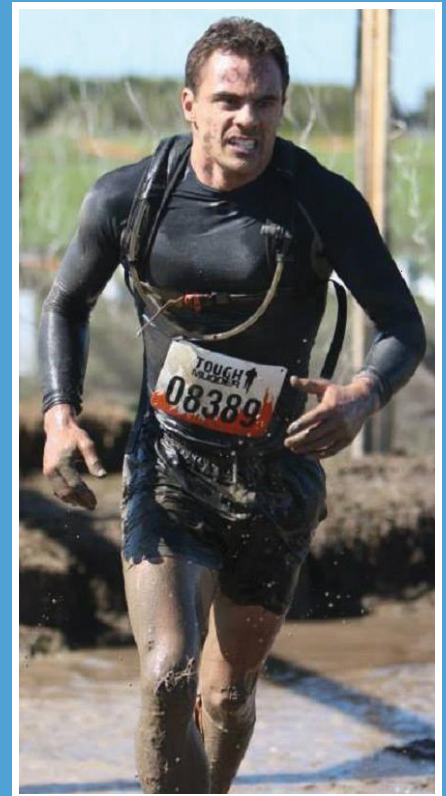


Strive & Thrive

There's no better way to exhibit the importance of 'Striving to Thrive' than through the experiences of athletes who have done it themselves. Athletes who are empowered, engaged and enthusiastic about their passion and who, even when it is challenging, thrive on pressure, uncertainty, and results.

This is a 60 minute classroom based presentation. One of our athletes will talk about what it takes to be successful. They will transform their stories and experiences into life skills, making them entertaining and relevant to students. This workshop covers concepts like goal- setting (short and long term goals) commitment, resilience, leadership, becoming motivated and most of all what it takes to **follow your dreams**.

A Coach Approach Strive & Thrive workshop is aimed at providing students with a vision as well as inspiring them to strive to be the best they can be. Students will realise that anything is possible if they are determined and work hard enough. Our athletes act as evidence to students that you can achieve your dreams.



Luke Atkins in action

Duration: 60 minutes

Numbers: Maximum 100 participants per session

Cost: \$490 + GST per session

STRIVE & THRIVE

Students will learn what it takes to be successful and the importance of never giving up. Athlete stories and experiences will be transformed into life skills and will cover ideas like getting motivated, goal- setting, passion, leadership, resilience and perseverance, organization and time management, commitment, and communication.

BOOK TODAY!

CALL: (03) 9574 7100

EMAIL: info@coachapproach.com.au

VISIT: www.coachapproach.com.au