



Student Development Day

Participants rotate between 3 Stations

- Teambuilding
- Strive & Thrive
- Empowering Dynamics



Coach Approach will provide your students with the opportunity to learn from an advanced portfolio of elite athletes about the importance of following your dreams, what makes a high performing team, and the effects of bullying. There is no better way to exhibit teamwork, goal setting, leadership, perseverance, and resilience than through the experiences of athletes who have been through it.

3 Hour Workshop

- Participants rotate between 3 Stations - Teambuilding, Strive & Thrive, and Empowering Dynamics
- Olympic, Commonwealth, International & State Level Elite Athletes
- Tailor made programs to cater for 80 to 1000+ students
- Prizes & Autograph Card Signing
- \$15 + GST per participant



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.

TEAMWORK

Explores elements that form the foundations of working in a team, including: Problem Solving, Communication, Team Dynamics, and Trust. Elements are learned through a range of activities and challenges. The aim is to break down barriers, increase positive communication, learning how to cope with personality differences, increase cooperation, and understand the nature of problems.

EMPOWERING DYNAMICS

Different aspects of bullying, the effects of bullying, and how it can be avoided are discussed. Students will be educated to respect differences as well as the art of self-discipline, focus and control. Practical safe self-defence techniques will also be taught with a strong focus on self-defence not retaliation.

BOOK TODAY!

CALL: (03) 9574 7100

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