



MAKING TEAMMATES BETTER: Leadership and Positive Initiation

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, *Becoming A Triple-Impact Competitor*®.

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 supportive environment). Your athletes will practice this approach to leadership during the workshop!

Portions of the workshop explain how **all athletes can contribute leadership**, regardless of starting status or class year. Your players learn to communicate with each other, and push each other, *positively*, especially in difficult situations.

Finally, the workshop teaches teammates how to **welcome new players** informally, starting on day one, and formally, through **Positive Initiation**. These techniques create bonds and move teams toward their full potential. A section of the workshop contrasts this with hazing, and how to prevent it.

