

# Human Potential Plus Athlete's Workshop

So much of sport is focused on learning the technical and tactical skills of sport. This workshop deals specifically on how we can grow our performance and integrate the lessons of sport into our life.

This 2 day workshops is for athletes who want to understand and process a new levels of performance. This workshops guides athletes in an understanding of human behavior that allows them to master requirements they need to succeed.

## The workshop covers

- 1 The habits of external psychology
- 2 Shifting from external to a more effective internal psychology
- 3 How basic needs influence behavior
- 4 Self Evaluation vs Criticism and mastering the 4 factors of behavior
- 5 Understanding the internal coaching process in dealing with pressure.
- 6 A support for healthy team culture and the conditions for quality.

This workshop is a interactive process that allows athletes and coaches to develop some practical skills for self mastery.

The workshop takes place over 2 day 8:30am to 5:30pm. Saturday and Sunday.

Participants with receive a self coaching tool to help them apply what they have learn to the life and sport experience.



Where: 316 - 3001 Tutt St. Kelowna

When: April 21 & 22

Cost: \$250.00 per person

Includes: Two lunches and snacks

Contact to register : John Leinemann

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