

RISE UP

DODGE HIGH

Character Development for Coaches & Students

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Education Based Activities Should Educate

Start with Why?

Don't Forget Who?

Now What?

This is the How!

We all know When!



The 16th Second...







YOU MUST <u>POSSESS</u> CHARACTER in order to <u>TEACH</u> CHARACTER!



3 Decisions We Must Make to Lead Ourselves Well:

- 1. I will not lie to myself, even when the truth makes me feel bad about myself. Exceptional self-leadership requires brutal honesty with oneself.
- 2. I will prioritize what I value most over what I want now.

 Exceptional self-leaders lead themselves toward what they value most, not what they want now.
- 3. I will not attempt to lead myself by myself.

 Exceptional leaders do life with people who are moving toward similar values.



The Process

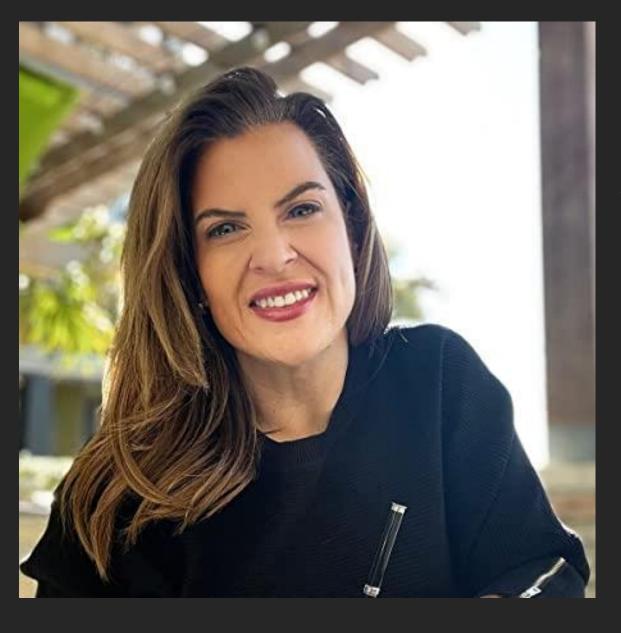
Buy-In (Coaches)
T-Shirts (Students & Staff)
Social Media (VIDEOS)
Book/Speaker (HC Council)
Practice Schedules
Evaluations



COMPETITORS: make their beds







Kate Leavell

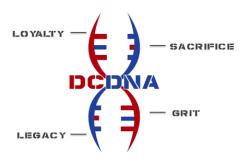
Speaker | Trainer | Coach | Consultant | Author VP of Leadership Development [Jon Gordon Companies]



Don't Do This:

Too Many Traits
Double Meanings
Sport Specific
Quit on Spring
Recycle





















RELENTLESS







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