



Greetings Wilson Student Athletes!

Wilson High School is proud to collaborate with the **Positive Coaching Alliance** and offering a six-week course that centers around fostering and developing student-athletes by building self-awareness through a growth mindset, resilience through self-management, and teamwork through relationship skills. The six courses that will be presented through Zoom workshops are as follows

- 1) **1/18/21 @ 7pm Elevating Myself-Better-** This workshop helps student-athletes understand the difference between a scoreboard mindset and a growth mindset.
- 2) **2/1/21 @ 7pm Elevating Myself-Health-** This workshop explores nutrition and the student athlete while focusing on the value of mindfulness in developing focused attention.
- 3) **2/15/21 @ 7pm Elevating Others-** This workshop examines the emotional make-up of the athlete, encouraging self-awareness and practical tools to deepen bonding and relationships.
- 4) **3/1/21 @ 7pm Elevating Others-Leadership-** This workshop approaches leadership by exploring different leadership styles showing everyone has a unique and valuable way of being a leader.
- 5) **3/15/21 @ 7pm Elevating My Team- Team Culture-** This workshop is designed to address hazing and bullying and model the power and value of an inclusive team culture
- 6) **3/29/21 @ 7pm Elevating My Team-Social Media-** This workshop does consider the dangers of poor social media use for the student, team, and school. However, the major focus is on how to use social media responsibly to include, encourage, and support.

When the course is completed, there will be an informal evaluation and when completed each participant will receive a Jordan brand sweatshirt.

To register for the course, please visit www.familyid.com each student-athlete will be asked to use their PPS email for communication so it is important to provide that information when you register. This will allow Positive Coaching Alliance to provide links to the Zoom workshops. The course is titled PCA Leadership Class on Family ID.

This is a great opportunity for our student-athletes to learn valuable information that they can use not only in their participation in athletics, but apply to life outside of sports as well.

Looking forward to the first session on 1/18/21 @ 7pm.

Thanks!

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