

Character & Leadership Development Program

GOAL: Provide student-athletes valuable skills that will benefit them in athletic competitions, the classrooms, their communities and their future careers.

DESCRIPTION: The PCA Character & Leadership Development Program consists of a curriculum of four (4) workshops designed to educate student-athletes on PCA's foundational principles and how to put those principles to use every day. Each workshop is a 50-minute, highly interactive session integrating group learning and case study techniques.

PCA also offers corresponding workshops for Administrators, Coaches and Parents.

CURRICULUM:

PART 1: Becoming a Triple-Impact Competitor®

This workshop for student-athletes teaches them how to become a Triple-Impact Competitor, impacting sport on three levels by working to improve oneself, teammates and the game as a whole.

Key Topics Include:

- **Mastery - effort, learning and bouncing back from mistakes;**
- **Filling Emotional Tanks with truthful, specific praise and constructive criticism;**
- **Advancing the sportsmanship values by Honoring the Game.**



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PART 2: Making Teammates Better: Leadership

This workshop for student-athletes provides a deeper view into Filling Emotional Tanks and how teammates can help each other improve. Key topics include:

- Positive and productive communication, including conflict resolution
- Leadership and how all athletes, regardless of status or class year, can contribute
- Leadership during COVID - quarantine and return to sports

PART 3: Making Teammates Better: Positive Initiation and Hazing

This workshop for student-athletes provides a continued look at Filling Emotional Tanks and the use of Positive Initiation to welcome new teammates. Key topics include:

- Hazing and exploration of common team traditions
- Upstanders vs. Bystanders
- Positive initiation and team bonding
- Inclusive culture creation - sports can unite!

PART 4: Honoring the Game: Social Media Use

This workshop for student-athletes provides a deeper view into how social media can impact athletes and teams and ideas for positive use. Key Topics include:

- Defining your personal brand
- Effects and consequences of social media posts
- Positive digital citizenship
- Moral courage and bystanders vs. upstanders

