



## **"Creating a High Performance Family Environment"**

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with David Benzel, America's Sport Family Coach

### A Parent & Athlete Presentation

Sunday, October 6<sup>th</sup> - 3:00 PM

Hillcrest Country Club, 9401 E "O" St, Lincoln

A family is like any other organization when it comes to the importance of being "on the same page". This workshop addresses the foundations of family vision, values, and communication strategies that work. Come as a family and learn together how to improve your sport family environment.

#### **Workshop Segments:**

- Walking the Talk of Personal Responsibility
- The Art of Healthy Conversations
- Your Brain on Sports

#### **Workshop Insights:**

- How to live above the line of excuses;
- What works better than duct tape when talking to a child;
- How to use your family-friendly mind;

