



Have you ever considered what it would be like inside an industrial dryer, with the setting turned to HOT?

You are in there going around and around with that Bounce sheet stuck on your forehead. Seems like sport is like that dryer. It's hot, dark, and lonely in there. You are going around and around and getting nowhere.

The dryer, just like sport, is full of your problems. You are in there whining about your problems, complaining about your problems, and feeling sorry for yourself.

It's time to Jump Out of the Dryer! It's time to shift from problem to solution. It's time to become a champion problem solver.

Learn to STOP focusing on what's out of your control and START focusing on what's in your control.

Join Shawnee for this 60 minute, interactive workshop and get that Bounce sheet off your forehead!

Shawnee is a two-time Olympian as a former Assistant Coach for the Canadian Women's Basketball Team. She has more than 30 years of elite coaching and leadership experience including the Olympic Games, World Championships, FIBA Americas and World University Games. Shawnee holds a Master's Degree in Coaching Studies, and also serves as a Master Learning Facilitator for the National Coaching Certification Program where she trains and mentors both advanced and novice coaches from all sports.