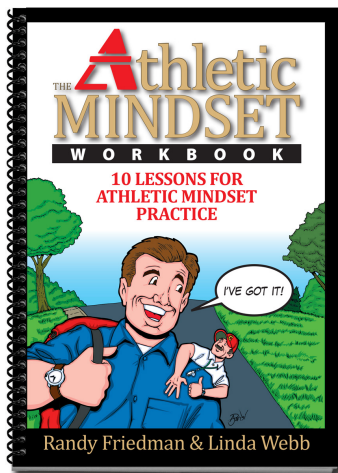


TAM Training Workshop Agenda



8:30am	Continental Breakfast
9:00	Morning session begins
10:15	Morning break
11:45	LUNCH
12:30	Afternoon session starts
1:45	Afternoon break
3:00pm	Group session ends
3:30pm	<i>Individual sessions with Sales Team</i>

ABOUT THIS WORKSHOP *The Athletic Mindset Takes the Field*



This one-day workshop is filled with eye-opening Athletic Mindset Exercises and Tips taken out of the exclusive TAM Workshop Workbook. Participants will leave engaged and ready to start using what they learned. Group participation brings *the athletic mindset* to the heart of the class.

Students will be learning to apply *The Athletic Mindset* principles into a daily routine to “want the ball” and take the field every day no matter what occurred the day or week before. Learn to think like the Baseball Batter that strikes out more times than he gets on base, yet knows how to brush himself off and get back up to bat again and again!

Who is this for: All students, employees and managers that have read *The Athletic Mindset* Book and are ready to apply the mindset to every day.

Requirement: Must read the Athletic Mindset Book prior to training

A recap from *The Athletic Mindset Book* to get a solid understanding of the three tools will be given:

- Beliefs chart – understand how to communicate better inside and out
- Awareness ladder – thoughts create emotions that effect us positively and negatively
- Gratitude – use it every chance you can, share it with others