



Sport is a series of storms; most of them are emotional.

What happens when the storm hits?

What are you doing with your nerves, worry, fear, pressure, anger, sadness, disappointment?

Are you facing these feelings or avoiding them?

Sport teaches to avoid our Crappy feelings. "Just get out there and be confident. Fake it till you make it. You got this."

How in the world are you supposed to show up as your Greatest Self when you hide from your feelings?

It's time to calm the storm. It's time to handle your emotions so they stop handling you.

Join Shawnee for this 60 minute, interactive workshop and tame your feelings!

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.