



Do you wish your kids/athletes were more daring, more creative, more willing to get uncomfortable and take risks? Then become a better gardener!

They want to grow, they want to step up when the game is on the line, they want to try new things, hard things.

But fear holds them back; fear of the thunder and lightning.

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

They don't know what to do with how they feel. They get overwhelmed and swept away by the storm that's raging within.

It raises these questions:

- Where does the storm come from?
- What causes it?
- How do we tame it?

Join Shawnee for this 60 minute, interactive workshop and help your kids/athletes become courageous in the midst of the storms.

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.