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Athletes, do you want more confidence? Do you want to bravely step up when the game is on the line? Then get out of the Zoo!

Stop playing it safe, stop doing the same things you are already good at, stop hiding.

The Zoo is safe and cozy, but it inhibits creativity, risk taking and growth. If that's true, why are so many athletes in the Zoo? How did they get in there? Who pushes them in? Why do they stay?

It's time to pounce in the Jungle. The Jungle is unsafe and unpredictable, yet it is the only place athletes can become the best version of themselves. If that's true, why are so few athletes in there? And once they are in, why don't they stay?

Let me show you the difference between the Zoo and the Jungle. Let me explain why courage is more powerful than confidence.

The magic is in the Jungle. Join Shawnee for this 60 minute, interactive workshop to sharpen your claws and pounce!

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.