SHAWNEE HARLE.COM

You have up to 40,000 thoughts/day. Not only that, 80% are negative and 95% are repetitive. That's a lot going on!

What are you doing with all those thoughts? Are they running around in your head like unsupervised children, chasing, hitting, taunting, and poking each other?

When you compete, do your thoughts get in the way and hinder your performance? Do you focus on your mistakes and then engage in negative self-talk? Do you worry about winning/losing?

You will learn:

- Why a negative thought cycle decreases performance
- How a positive thought cycle increases performance

Make your thoughts work for you rather than against you.

Join Shawnee for this 60 minute, interactive workshop and become the Boss of Your Thoughts!

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.