



How often do problems get in the way when you play your sport?

Do mistakes cause negative self-talk?

Does losing make you whine and complain?

Do you sit on the bench feeling sorry for yourself?

“This isn’t fair, Coach has favourites. This is too hard. I suck.”

EVERY PROBLEM HAS A SOLUTION.

It’s time to become a champion problem solver.

STOP focusing on what's out of your control and **START** dialing in on what's in your control.

Join Shawnee for this 60 minute, interactive workshop and start handling your problems.

Shawnee is a two-time Olympic Coach 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.