



**Athletes, have you ever listened to your self-talk?**

**Does it sound something like this:**

- I hope we don't lose.
- What if I'm not good enough?
- I'm nervous about making mistakes.
- I suck.
- I'll never figure it out.
- What will people think?

**That's your Voice of Fear speaking! That voice wants you to give up, give in, and go home.**

**It's time to take the microphone away from that voice and hand it to your Voice of Courage!**

**This 30 minute webinar will show you how to let your Voice of Courage STEP UP and SPEAK!**

**Let's go!**

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.