



Achieving Your Personal Best

Forget Kindergarten. Everything I Really Need to Know I learned from a Track Meet

Track is truly a universal sport. Whether actively participating in the sport or watching children or the Olympics on television, everyone can learn from the human drama played out at a track meet. This talk will discuss:

- Go for the Gold by Visualizing it, orally committing and working thru obstacles
- Staying focused by keeping your head down
- Raise the bar high; nobody rises to low expectations
- Having a soft place to land
- Choosing good teammates
- Passing the baton and teaching others to run
- The efficiency of teams versus the individual
- Have fun while achieving your personal best

BOOK NOW

In Person or Online

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