

## Team Building

### ***Building Trust***

The foundation for a winning team is trust. Team members who trust one another as people develop strong bonds which help the team to overcome any obstacle, including a more talented opponent or an injury to a key player.

Building Trust starts with getting to know one another on a personal level. Creative games to build teamwork combined with exercises to increase communication allow your team members to learn more about one another in an encouraging, affirming environment.

Time: Customized for your needs; usually 3 hours

Cost: Contact me at [coach@lifebeyondsport.com](mailto:coach@lifebeyondsport.com) for a quote

### ***Real Colors®***

Discover how the four temperaments common to all people (Blue, Green, Gold, Orange) impact your team chemistry.

This fun, highly interactive workshop helps both coaches and players learn one another's behavioral tendencies, motivators and communication styles—valuable insights that put your team on the road to better communication, stronger relationships and more game-day success.

Time: 3 hours

Cost: Contact me at [coach@lifebeyondsport.com](mailto:coach@lifebeyondsport.com) for a quote



*helping women in sport win in life*

### ***Leading From Your Strengths***

Stronger communication on your staff team trickles down to create better team chemistry among your players and greater success on the court or field.

Utilizing the *Leading From Your Strengths* assessment, your staff team will gain insight into one another's strengths and how they play out in your environment and relationships. Discover communication styles and motivational factors and maximize the effectiveness of your staff team. This workshop can also include exercises to clarify team vision and staff operating principles.

Time: Customized to your needs; usually 3 hours

Cost: Contact me at [coach@lifebeyondsport.com](mailto:coach@lifebeyondsport.com) for a quote