



INVESTING IN THE FUTURE

Grow & Develop -

Helping Student Athletes and Beyond Realize Their Potential

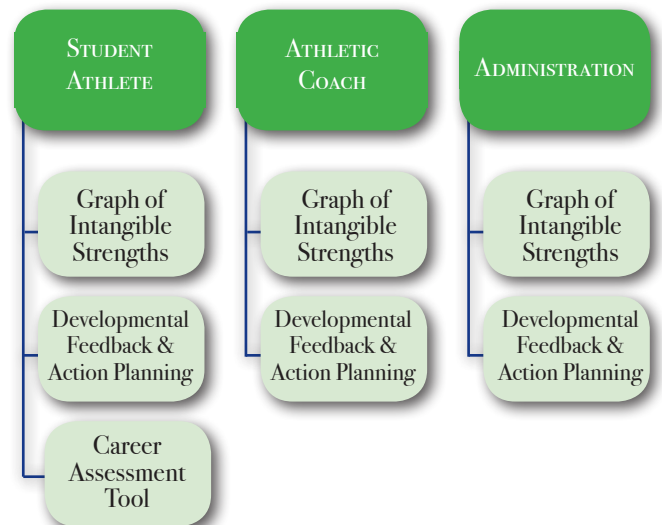
How do outstanding programs grow and develop students, coaches and administrators?

WHY GROW?

Tools to invest in non-physical talents which maximize performance of individuals.

Leaders, coaches and student-athletes can:

- Develop disciplined coaching moments to attain maximum potential
- Engage and inspire others to achieve excellence
- Explore career paths most aligned with personality, values and interests



How Do We Do It?

Strength based strategic investment and development of individuals

STUDENT-ATHLETE

- Professional development feedback
- Personal development guide
- Career exploration assessment with “a mirror and a map” navigator

ATHLETIC COACH & ADMINISTRATION

- In-depth feedback process
- Goal setting and action planning for personal and professional growth