

W.I.N.

- What's
- Important
- Now

SHIFT



W.I.N.

What's Important Now

Introduction –
Why is “The Now” so difficult to access

Short Video Clip –
understanding default mode & brain automaticity

DESIGN or DEFAULT
be in the driver's seat or be driven

W– What 's
The What's

I– Important
Identify Current Status & Capability

N– Now
Next Steps
The “How”Set Mini Goals to access potential

Wrap up

DESIGN

- **SEASON VISION - BIG OUTCOME BASED BIG PICTURE**
 - Top 3 in State
 - Top 5 at Nationals
- **IDENTITY Culture - Outlined & Defined...**
 - PROUD,
 - WE WORK HARD
 - HAVE FUN
 - RESPECT, GENEROUS, GOOD WORK ETHIC
- **DEFINE YOUR WHY - PURPOSE**
 - Community, Representation, Love for the Sport, Perform Compete & Grow

What is expected of me?



MISSION VISION

PURPOSE



IDENTITY

DESIGN- apply W.I.N. Framework

continous process..... to get continual progress

- WHERE ARE WE NOW? -Establish baseline level. Awareness of current status
 - Watch Tape
 - Evaluate
- IDENTIFY CURRENT GAP - What are we capable of
 - misplaced or over-looked talent
 - what to add
 - what to eliminate
 - What to let go of (mentally)
- NEXT STEPS - How to close the GAP
 - Small goals - Contious Moving Target
What's Important Now

DESIGN - W.I.N.

*“What does not Align
Does Not
Get the Time”*

What's Important Now