

SPORTS LEADERSHIP CENTERS OF AMERICA

LEADERSHIP DEVELOPMENT FOR INDIVIDUALS & YOUTH GROUPS



Be Jackson's
ELITESPORTS
EVERY DAY IS GAME DAY.



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LEADERSHIP SKILLS TO LAST A LIFETIME.

Teambuilding and leadership development programs offered by the Bo Jackson's Sports Leadership Centers of America are powerful, engaging, transformational experiences. Our deep knowledge of leadership, team and personal development has been adapted to athletes and team training in ways that produce meaningful results rapidly.

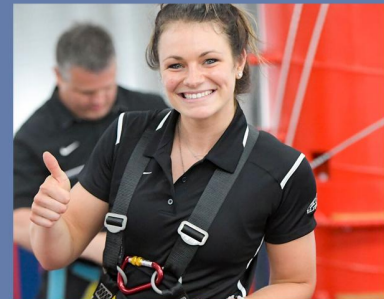
In today's society life has become increasingly complicated for teens and young adults. They are exposed to mature issues at an accelerated pace, and faced with challenges of navigating social media and its complex effect. While we can't be there to make decisions for them, we can help kids develop the skills to understand the version of their best-self, have the ability to shift their attitude, and cultivate the inner voice to be their own best coach.

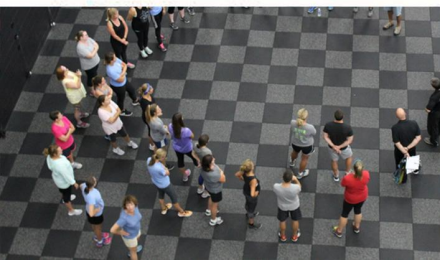
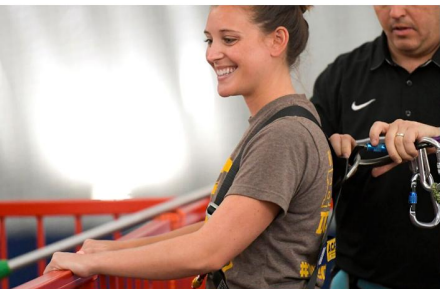
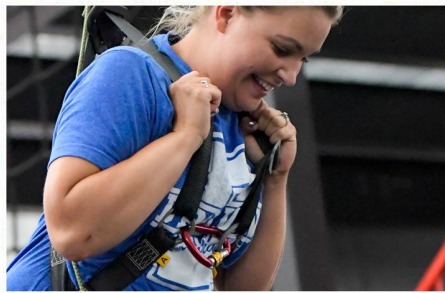
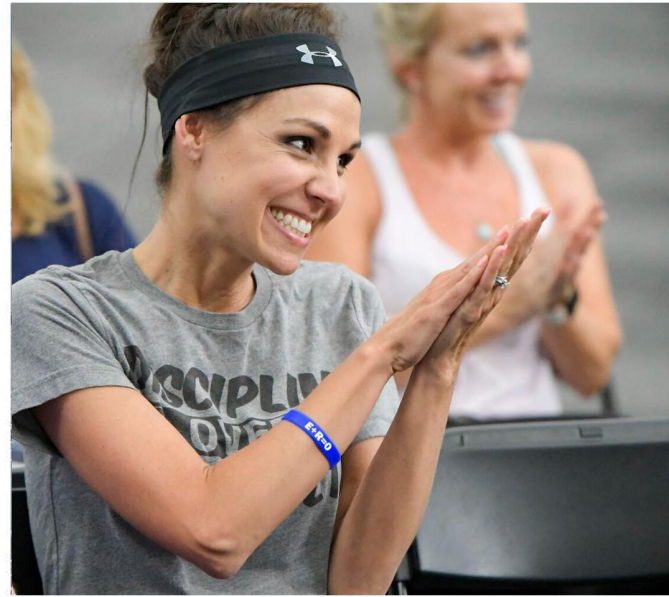
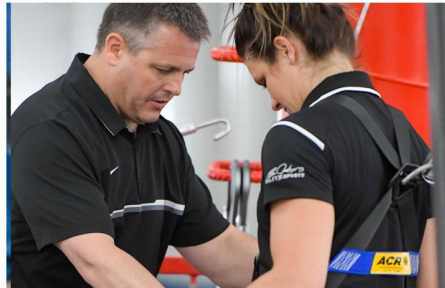
Every parent wants to provide their kids with the best chance to be successful in all aspects: academically, socially, emotionally, and in their activities, be it athletics, music, dance, or other. Our programs and modules are designed to improve emotional intelligence, team cohesion, leadership

effectiveness, and mental toughness through a combination of fast-paced challenges and a series of activities that include thought-provoking introspection.

At Bo Jackson's Elite Sports we believe that courage and self-coaching exist at the heart of every great endeavor. SLCA instills the skills that allow individuals to activate courage at will, maintain focus in the face of distraction, and coach themselves through challenge, adversity, fear and temptation.

Make each day your masterpiece.
-John Wooden







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	TEAM BONDING	PERSONAL LEADERSHIP
	DEVELOPING GROUPS/TEAMS	EXTRAORDINARY INDIVIDUALS
SESSION LENGTH	3 HOURS	3 HOURS
THE GAUNTLET	✓	✓
LEAP OF FAITH	—	✓
ACTIVITIES/SLCA MODULES:	CHOICE OF 20+ ACTIVITIES	CHOICE OF SLCA MODULES
SELECTION OF SLCA CUSTOM MODULES NUMBERS 1-4	1 COACH YOURSELF	—
	2 MENTAL TOUGHNESS	—
	3 CORE VALUES	—
	4 BE A LEADER	—
ANY 1 MODULE		
ATHLETE TYPES ASSESSMENT/RESULTS	—	✓
PERSONAL COMMITMENT STATEMENT	N/A	✓
	\$45.00 PER PERSON (MINIMUM 16)	\$75.00 PER PERSON (MINIMUM 16)
	EACH PERSON OVER THE MINIMUM ONLY \$36/PERSON	EACH PERSON OVER THE MINIMUM ONLY \$55/PERSON

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AGE RANGE: 10-18 YEARS OF AGE

*CATERING OPTIONS AVAILABLE THROUGH OUR PARTNER THE RUSTY BUCKET

** PHOTOGRAPHER OPTION AVAILABLE THROUGH OUR PARTNER TWIN STUDIOS



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MODULE 1

COACH YOURSELF

Develop your inner voice as the tool to coach yourself. The situation will dictate if the voice must be a motivator, calming and reassuring, or other. Understand the differences as well as when and how to activate it. Learn about discipline and mental focus that results from knowing your inner voice. It becomes empowering to kids who recognize that they can be their own best coach.

OUTCOMES MENU:

- Coach vs. Quitter in you
- Personal Brand: Being Authentic
- Motivation
- Navigating Social Media
- Conflict Resolution
- Relentlessness of being prepared

MODULE 2

DEVELOPING MENTAL TOUGHNESS

Mental toughness defines how we respond under pressure. The ability to remain focused under pressure, resist negative influences, push yourself beyond perceived limits, and recover from adversity are the essential elements of mental toughness. Tap into the power of mental toughness and embrace your challenges.

OUTCOMES MENU:

- Self-Esteem and Self Confidence
- Self Discipline
- Develop Grit
- Focus
- Win The Day (MD)
- Embracing your Struggles (MD)
- Your Inner Competitor

MODULE 3

ESTABLISH YOUR CORE VALUES

What matters most to you drives your decision making. Your core values are the things that matter most to you. Understand how to define your core values and use them to build character and personal accountability. Develop the courage and qualities you need in order to be successful in the game of life.

OUTCOMES MENU:

- Personal Responsibility and Accountability
- A desire to be your best self
- Ethics/Courage
- Strong Character
- Quality of being Humble (M.D.)
- Gratitude

MODULE 4

BE A LEADER

Teens and young adults must understand how their words, actions, and attitude impact others. Understand what it takes to live in the present in a positive way, and inspire others. Build trust and loyalty with your peers by being an authentic leader. Develop the self-awareness of having actions that support your personal brand. The skills developed here will influence you for the rest of your life.

OUTCOMES MENU:

- Problem Solving
- Take the Initiative
- Teamwork
- Trust: Character, Competency & Connection (M.D.)
- Leaders set the pace
- Communication
- Find Your Way



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