

Inspiring Your Creative Work... Your Performance... Your Life!

Join us on **Thursday Feb 2nd at 7pm** for this **Special Session***
Delta Sport Development Centre – 4680 Clarence Taylor Cres.

HOW TO INSPIRE AND GET OUT OF YOUR OWN WAY TO PERFORM AT THE LEVEL YOU DESIRE

Every day you apply a variety of skills – tapping the wealth of knowledge and experience you have developed through the years. Whether you are a young developing athlete, aspiring athlete or an experienced leader, you apply the right kinds of skills, knowledge and experience daily essential for your own success – and in life!

Yet for many of us, life is mostly made up of perspectives and challenges in, ‘can’t do’ rather than, ‘chose to do’ decisions. A key to stretching your creative work is realizing you are greater than you think as many of us stay in the safe zone.

This presentation is about seizing the opportunity to create the results you deserve.

If I told you that by developing key performance habits you would open the door to endless possibilities for improved health, sport opportunities and lifelong friendships would you be interested?

Come experience and learn to ‘Get out of your own way’ and explore who you are and what you can become.

Simply stated, we will explore how to:

“DISCOVER...AIM...PLAN...ACT...REVIEW”

as it relates to planning and best performance.

Come experience the impact coaching, performance focus, inspiration and your own leadership best practices can have in sport - in life!

SEE IT

What is my vision?

WANT IT

What are the gaps
in my program?

BELIEVE IT!

Action = Results

Benefits of Presentation

- *Increased understanding of concepts and tools related to planning and training for improved performance.*
- *Appreciate the value of a “plan” as it relates to long term planning for athletic and life success.*
- *Increased understanding of how an integrated and team approach to planning and the management of those relationships can make a significant impact.*
- *Knowledge and perception of how the demands of your chosen sport are critical to the long term planning as you build the engine and systems for your best performance.*

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