GOAL: Provide student-athletes valuable skills that will benefit them in athletic competitions, the classrooms, their communities and their future careers.

DESCRIPTION: The PCA Character & Leadership Development Program consists of a curriculum of four (4) workshops designed to educate student-athletes on PCA’s foundational principles and how to put those principles to use every day. Each workshop is a 50-minute, highly interactive session integrating group learning and case study techniques.

*PCA also offers corresponding workshops for Administrators, Coaches and Parents.*

CURRICULUM:

**PART 1: Becoming a Triple-Impact Competitor®**

This workshop for student-athletes teaches them how to become a Triple-Impact Competitor, impacting sport on three levels by working to improve oneself, teammates and the game as a whole.

Key Topics Include:

- Mastery - effort, learning and bouncing back from mistakes;
- Filling Emotional Tanks with truthful, specific praise and constructive criticism;
- Advancing the sportmanship values by Honoring the Game.
PART 2: Making Teammates Better: Leadership

This workshop for student-athletes provides a deeper view into Filling Emotional Tanks and how teammates can help each other improve. Key topics include:

- Positive and productive communication, including conflict resolution
- Leadership and how all athletes, regardless of status or class year, can contribute

PART 3: Making Teammates Better: Positive Initiation and Hazing

This workshop for student-athletes provides a continued look at Filling Emotional Tanks and the use of Positive Initiation to welcome new teammates. Key topics include:

- Hazing and exploration of common team traditions
- Upstanders vs. Bystanders
- Positive initiation and team bonding

PART 4: Honoring the Game: Social Media Use

This workshop for student-athletes provides a deeper view into how social media can impact athletes and teams and ideas for positive use. Key Topics include:

- Defining your personal brand
- Effects and consequences of social media posts
- Positive digital citizenship
- Moral courage and bystanders vs. upstanders