



# Captains & Poets *Champions*

*“My Captain and Poet allow me to take action in the moment while making sure my teammates feel respected.”*

## Building a Championship Culture in Sports

Captains & Poets is proud to offer **Champions** programming to empower athletes to reach their full potential and contribute to a positive culture in sports. The premise of the program is that we each have a unique Captain and Poet inside that, in partnership, enable us to be our best selves. By heightening self-awareness and self-leadership, *Champions* promotes individual and team performance. *Champions* isn't just a performance strategy. It's a new way to coach, play, and lead.

### The Opportunity

Whether you are focused on elevating individual performance, teamwork or leadership capabilities or enhancing well-being, inclusion & belonging, **Champions** is designed to ignite the potential in every player to augment overall performance.

### How it Works

The language of Captain and Poet gives each team member insight into their unique strengths and orientation to the game - alongside greater understanding of others.

It also provides coaches and players with access to a broader repertoire of Captain and Poet traits and resources to draw on.

As a result, it enables coaches to harness coachable moments, have more impact on player mindsets, optimize team dynamics, and access untapped leadership potential on the bench.

### Programs

Our interactive workshops and coaching offerings are tailored to the needs of your sport, association, club, team, or athletes. Sample topics are listed on the following page.

### Key Benefits

When the Captain and Poet unite, it creates a powerful formula for engagement. The mental, emotional, attitudinal, and behavioural attributes align to heighten performance.

Better understand individual players for optimal coaching outcomes

Harness diversity to drive innovation and team performance

Promote team cohesiveness and foster a sense of connection and belonging

Ignite untapped leadership potential on the bench

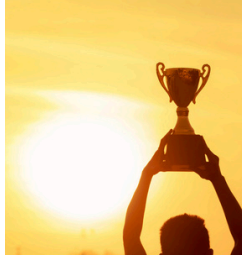
Foster well-being, resilience, self-leadership, and a growth mindset

Create a positive and inclusive culture from athletes themselves



## Ignite the Champion Within

Being an effective team requires optimizing the development of individual players while making the most of team dynamics to create that winning combination. Learn a simple language to help harness each player's unique orientation to the game and leverage the power of diversity to drive performance and engagement on your team. Empower players with greater self-leadership skills and identify untapped leadership potential on the bench. Walk away with practical strategies for building a championship mindset and culture where everyone contributes to team success.



## Be the Best Team You Can Be

Every player has untapped potential inside of them. Join us to learn a simple language to help you bring your best, fullest self to the game and team. Discover your unique abilities and understand how you can best contribute to team culture and performance. Learn how to better understand fellow players and harness your differences to be the best team you can be. Gain access to inner resources that help you deal with challenges and be more resilient. Walk away with self-leadership strategies that support your success on and off the field.



## Harness the Leader Within

Being a leader demands that you rise to challenges, be a role model for others, and elevate your team's performance to help build a championship culture. Learn about your inner Captain and Poet to uncover your authentic leadership style on and off the field. Understand how great leaders engage others and how to operate from a place of courage to take team performance to the next level. Expand your leadership skills to inspire others to bring their best and create an environment where everyone feels like a winner.



## Coach Your Child On & Off the Field

We all want our children to bring their best to their sport while experiencing a sense of self-worth, fulfillment, and belonging. Learn a simple language that will help you connect, communicate with and understand your child so that you can coach them to be their best self. Help them to understand their unique strengths to build their confidence, resilience, and ability to collaborate with others. Walk away with strategies that enable you to coach them to be an effective self-leader in sports and in life.



## Contact Us

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