

What are your fears?

What are your wants?

How do you react when you don't get THEM?

In life or conflict, our reactions are the result of fears that have been triggered in our heart:

- Events in our lives create emotions
- Then there is a reaction or response
- That produces habits
- Which chisel our character and determine the legacy we leave behind.

Achieving dreams does not always inspire the best conduct and behavior in us.

According to <http://arrests.thesportsgeeks.com/>, 665 arrests have been made in the NFL since the year 2000.

Professional players from the three major leagues (NBA, NFL and MLB) have been arrested for a wide variety of crimes, but violence/murder and drug use are the most common crimes committed by players today.

CASE STUDY:

On January 31, 2000, Alaska Airlines Flight 261 departed Puerto Vallarta, Mexico, heading for Seattle, WA, with a short stop scheduled in San Francisco, CA. Approximately one hour and 45 minutes into the flight, a problem was reported with the plane's stabilizer trim. After a 10-minute battle to keep the plane airborne, it plunged into the Pacific Ocean off the coast of California. All 88 people onboard were killed.

EVERYTHING WAS DESTROYED EXCEPT FOR THE BLACK BOX.

Often the only survivor among the wreckage, black boxes help investigators determine what happened in an airplane accident and reveal details of the events immediately preceding the disaster.

Black boxes (which are also called flight data and cockpit voice recorders) records voices, acceleration, airspeed, altitude, flap settings, outside temperature, cabin temperature/pressure, engine performance and more.

It records the good and bad. Normal and abnormal events. And even if the airliner crashes and encounters destruction, this little black box has the fortitude and design to survive; and remembers all that traumatic events and circumstances that led to it been thrown from the plane.

Government officials will send divers to search for it, because the black box knows everything that happened; everything that went wrong and can playback the timeline as if you were right there, or it just happened.

THAT IS OUR HEART. IT REMEMBERS.

It remembers what we want it to forget and has no timetable (that's how grown 30-40 year old men and women can still throw effective 5 year old tantrums.)

THE HEART OF A CHAMPION WORKSHOP

A dark silhouette of a football player in a helmet, positioned in the top right corner of the page.

According to two researchers at Cambridge University in England, *"The habits of mind, which influence the ways children approach complex problems and decisions, including financial ones, are largely determined by age 7."*

As teenagers or adults, we must retrain and rewire our black box.

The Heart of a Champion (HOC) is a training workshop for high school, college and professional players that inspires change and teaches athletes how to make a commitment to:

- **Personal responsibility**
- **Self-care**
- **Transparent communication skills AND**
- **Overcoming bad habit patterns, failure and defeat.**

Ed Norwood, founder of Champions Unleashed, will be your ambassador onsite to help athletes and staff identify the fear cycle (decreasing the progression from fear to reaction) to increase *social, marriage and relationship skills, healing from past hurts, team leadership development and championship codes of conduct.*

We supplement this faith based program via workshops, conferences and one on one mentoring. HOC trains and empowers players to identify and attend to fears (that trigger reactions on the team) via trainings and dialogues. Players acquire the skills to keep each other accountable and create safe environments to talk about problems before they escalate.

BOOK NOW

To bring this session to your facility, please visit our website, call (714) 995-6900 ext. 6951, or e-mail debbief@championsunleashed.org.