



GORILLAS & GAZELLES LLC™

Athlete Self-Leadership Programs™

Enhancing Team Success Beyond Athletic Talent

Programs can be scheduled for large or small groups and are available in one, two and three day versions.

SILVERBACK STUDENT-ATHLETE SELF-LEADERSHIP PROGRAM™

This program is designed for high school athletic teams looking to enhance the individual self-leadership skills of their athletes. Incorporating elements of the original Silverback Self-Leadership Program™, the program also addresses risks and challenges that tend to confront student-athletes more than their non-athletic classmates. The program provides student-athletes with:

- Diverse skills necessary for prioritizing relationships in terms of shared values
- Effective personal response management techniques
- Methods for identifying others as “energy-givers” or “energy-takers”
- Techniques for identifying environments in terms of shared risk

This program develops young leaders who can make sound decisions and remain true to their priorities and goals.

The Gorilla Challenge Course™ activities built into the three-day program mature the student-athlete’s sense of self-sacrifice and service to others while inspiring them to develop a purpose-driven attitude.

Let Gorillas & Gazelles customize a program specific to your team’s unique challenges!

COLLEGE AND PROFESSIONAL ATHLETE SELF-LEADERSHIP PROGRAM™

This program is designed for college and professional athletic teams looking to assist their athletes in managing personal transition and encouraging them to seize their current opportunities through greater focus and more effective priorities. College and Professional Athlete Self-Leadership Programs provide:

- Proven strategies and solutions to address high-risk behavior patterns
- Enhanced personal growth opportunities for athletes
- A more thorough understanding of important issues such as anger management, spousal and family dynamics, and maturity acceleration

What to Expect Through the adoption of proven strategies, tools, and techniques, your athletes will develop enhanced capacity for personal growth and management. Our program is designed to create consistency in thought, word, and deed. The ability to align intent to outcome is significantly increased and the likelihood for spontaneous high-risk behavior is dramatically decreased.

If your team is interested in more information or scheduling for a program, please call us at 1-877-874-0011 or send an email to success@gorillas-gazelles.com