

OUR PROGRAM

DISCOVER	DEFINE	DISCUSS	DEVELOP	INSPIRE
Introduction Michele Sinclair Founder & CEO	Your Personal Brand	Impact Of Bullying & Abuse In Sport	Media Training	Tommy Europe CFL, Fitness Guru, Stuntman
Who I Think I Am	The Power Of Social Media	The Truth Surrounding Mental Health & Depression	Informational Meetings	Brent Johnson Ohio State, CFL, Canadian Football Hall of Fame
Who Am I?	Social Media In The World Of Sport	The Fundamentals Of Personal Finance	The Art Of Connecting	Charmaine Crooks 5x Olympian, Track & Field
Character, Strengths & Leadership	Build Your Brand Through Social Media	Leadership Development	Interview Preparation	Matt Johnson SFU Track & Field 5X All American
Values, Virtues & Leadership	Build Your Brand Through Community Engagement	Excelling In Life & Sport	Your Cover Letter	Dean Malkoc CHL, NHL, Boston Bruins Scout
The Power of Transferable Skills	Build Your Brand Through Partnership	Creating A Healthy Athlete - Coach Relationship	Your Resmue	Dr. Saul Miller International Sport & Performance Psychologist
Your Personal Why	Build Your Leadership Brand	Building Resilience Through Grief	Internships	Mercedes Nichols 4x Olympian, Snowboarding
Who I Know I Am	Build Your Brand Through LinkedIn	Using Your Platform To Fight Racism	Mentorship & The Elite Athlete	Christine Fletcher 6x World Ironman