



TOP 20 COACHES' TRAINING

A PERSONAL & PROFESSIONAL DEVELOPMENT PROGRAM

TRAINING DATES

St. Paul, MN

July 29-30, 2010

Time: Day 1 – 9:00am-4:00pm

Day 2 – 9:00am-1:00pm

**Cretin-Derham Hall High School
550 South Albert Street
St. Paul, MN 55105**

Cost: \$300 per person for first two registrants from same school/organization; \$100 for each additional registrant.

TOP 20 also offers TEACHER TRAINING

Please contact us for more information or to sign up for sessions offered on either June 16-18, 2010 or August 16-18, 2010.

TESTIMONIALS

"We've had two workshops with the TOP 20 group. The techniques apply to coaching situations when dealing with athletes and parents. Using positive techniques brings positive results! I want each of my coaches to be successful. A TOP 20 workshop is a great investment that pays dividends!"

—Steve Fedie, Athletic Director

"Sports is as much about building character as it is about building a good athlete. TOP 20 principles allow us not only to develop better athletes, but ultimately a better team. Our young athletes recognize how their own star qualities feed into a larger common goal."

—Drew Mons, coach

"The TOP 20 training I received gave me a consistent method for helping my players deal with their mistakes and helping myself deal with my own mistakes."

—Amy Gould, coach

TOP 20 TRAINING

Transforming American Education

WHAT IS TOP 20 COACHES' TRAINING?

TOP 20 Coaches' Training is providing coaches around the country with insights and practical tools for creating a more positive experience for themselves and their teams. Coaches learn easily applicable concepts that enable them and their athletes to have more success.

SUCCESS = P1 x P2 x P3

The level of success that we or our teams achieve is determined by:

P1 = Physical Power: athletic skill or talent

P2 = Personal Power: awareness of self, especially thinking and emotions

P3 = People Power: ability to communicate and develop relationships

Top 20 Coaches' Training empowers coaches, student-athletes and teams to develop their potential by becoming more aware of their Personal and People Power and using that power to succeed at higher levels.

WHAT YOU WILL EXPERIENCE

When you attend a Top 20 Coaches' Training you will experience a dedicated, high-energy team of professional educators engaging you in 'wow' insights and providing practical tools for making a difference.

Paul Bernabei, Tom Cody and Willow Sweeney have combined over 75 years of teaching, counseling and coaching. They've worked with teachers, coaches, parents and other professionals throughout the US.

COACHES' TRAINING TOPICS

- Live Above the Line by knowing when our thinking is working in our best interest and when it's not
- Deal more effectively when dreams are being crushed
- Focus by being in the Zone
- Be aware of the impact of non-verbal communication
- Use the Frame to see things differently
- Minimize the power of self-limiting beliefs
- Develop Star Qualities and get more out of our experience
- Help athletes learn from mistakes and move outside their comfort zone
- Respond to conflict and negative events more productively
- Create a Top 20 Culture that explodes individual and team potential

HOW TO REGISTER

- Register & pay online by visiting our online store at www.top20training.com
- Email info@top20training.com with your name, school and phone number and send a check payable to Top 20 Training for the total amount to:
Top 20 Training, 1873 Stanford Avenue, St. Paul, MN 55105

For more information about Top 20 Books, Manuals and Seminars, go to www.top20training.com. To ask about training at your school, call us at 651-690-5758.



As part of its Team Up program, the Minnesota State High School League has distributed videos of two Top 20 Training concepts, "Above the Line" and "How'd Ya Do," to athletic administrators at all member schools.