



# COLONEL PERFORMANCE

Our Mission: Lead Yourself, Lead Your Teammates, Lead Your Team, Leave a Legacy.

## MODULE I – LEAD YOURSELF

- MONDAY, SEPTEMBER 9 -

**FACILITATOR:** GROWING LEADERS

**TOPIC:** HOW DO YOU SHOW UP EVERYDAY?

**LOCATION:** CHAMPIONS ROOM (SUTCLIFFE)

**TIME:** 7:30-9:00PM

This first session of the series will assist student-athletes in understanding their “WHY” and becoming more aware of their daily habits in school, athletics and life. Prior to this session coaches and student-athletes will complete a survey to identify key areas for potential growth.

- MONDAY, SEPTEMBER 23 -

**FACILITATOR:** GINA NICOLETTI-BELLINGER

**TOPIC:** LEADING THROUGH THE NOISE

**LOCATION:** CHAMPIONS ROOM (SUTCLIFFE)

**TIME:** 7:30-9:00PM

Student-Athletes will participate in activities and self-reflect upon their personal values and how those values influence their decisions.

- MONDAY, OCTOBER 7 -

**FACILITATOR:** DR. L. KEVIN CHAPMAN

**TOPIC:** CHANNEL ANXIETY TO ENHANCE PERFORMANCE

**LOCATION:** CHAMPIONS ROOM (SUTCLIFFE)

**TIME:** 7:30-9:00PM

Student-Athletes will continue their self-awareness journey so they can effectively lead themselves. Specifically, they will learn skills to enhance their composure in pressure situations and develop techniques to use their anxiety to enhance performance.

- MONDAY, OCTOBER 21 -

**FACILITATOR:** GINA NICOLETTI-BELLINGER

**TOPIC:** HOW IS YOUR COMMUNICATION PERCEIVED?

**LOCATION:** CHAMPIONS ROOM (SUTCLIFFE)

**TIME:** 7:30-9:00PM

Prior to this session, participants will complete the DiSC Assessment. During this session, student-athletes will have a better understanding of their individual behavioral styles and preferences and develop a common language when addressing these topics and learn to better relate to others. This session will also provide additional strategies on building more effective relationships.





## MODULE II – LEAD YOUR TEAMMATES & TEAM

- MONDAY, NOVEMBER 11 -

**FACILITATOR:** CHERYL HART

**TOPIC:** WHERE ARE YOU GOING AND HOW WILL YOU GET THERE?

**LOCATION:** CHAMPIONS ROOM (SUTCLIFFE)

**TIME:** 7:30-9:00PM

- MONDAY, JANUARY 13 -

**FACILITATOR:** KEN LOLLA

**TOPIC:** DIGGING YOUR OWN WELL FIRST

**LOCATION:** CHAMPIONS ROOM (SUTCLIFFE)

**TIME:** 7:30-9:00PM

- MONDAY, FEBRUARY 10 -

**FACILITATOR:** KEN LOLLA

**TOPIC:** THE IMPORTANCE OF THE FIRST FOLLOWER

**LOCATION:** CHAMPIONS ROOM (SUTCLIFFE)

**TIME:** 7:30-9:00PM

## MODULE III – LEAVE A LEGACY

- \*MONDAY, FEBRUARY 24 -

**FACILITATOR:** ALLI LAKE

**TOPIC:** BUILDING STRENGTHS BASED TEAMS

**LOCATION:** CHAMPIONS ROOM (SUTCLIFFE)

**TIME:** 7:30-9:00PM

- MONDAY, MARCH 9 -

**FACILITATOR:** ALLI LAKE

**TOPIC:** HIGH PERFORMING TEAM CULTURES

**LOCATION:** CHAMPIONS ROOM (SUTCLIFFE)

**TIME:** 7:30-9:00PM

- MONDAY, MARCH 16 -

**FACILITATOR:** ALLI LAKE

**TOPIC:** PERFORMANCE BEYOND SPORT AWARDS CEREMONY

**LOCATION:** CHAMPIONS ROOM (SUTCLIFFE)

**TIME:** 7:30 - 9:00PM

In this workshop, student-athletes will participate in effective goal setting strategies to aid teammates in performance enhancement.

Leadership is influence. To be an effective leader, we must first grow into a person of influence. We have a responsibility to dig our own well first, so that we create a deep well of living water to pour out on others. To influence others, we must first have something of value to offer. This seminar will highlight the importance of investing in your own personal growth for the benefit of others.

The first sign of leadership is to look behind you and see if there is anyone following. When casting a vision, giving a direction or holding someone accountable, it is the first follower who will empower the leader and strongly influence the movement of the group. It takes courage to be the leader, yet it is just as important to validate the actions of the leader by being the first follower. This seminar will highlight the importance of supporting the appropriate actions of leadership.

Did you know you are uniquely talented? No one is quite like you. Discovering your talents and building your strengths are key to enhancing your skills as a leader. This workshop will help you understand your own top 5 Strengths, explore your personal talents, and discover the power of Strengths based leadership. We will discuss what you already do well and how you can use Strengths to enhance your team's performance. *\*The CliftonStrengths Assessment must be completed prior to attending this workshop*

"None of us are the sole inhabitants of our organizations or our communities – we do not live alone. ...The legacy perspective explicitly reveals that we make a difference. Then the only question remaining to consider is, What kind of difference do I want to make?"- Kouzes and Posner, A Leader's Legacy. During this workshop, participants will be able to apply the skills learned throughout the series and learn tactics on how to create and sustain a High Performing Team Culture. We will also facilitate discussion on various ways to leave a legacy with your team and Centre, both now and in the future.

In this final session, student-athletes will explore ways to communicate their experience to business, organizations and other areas of life beyond sports. This interactive workshop will help participants identify skills that are applicable to the workplace, and discuss how students can convey these through resumes, cover letters, and interviews. We will also have an Awards Ceremony at the end of the session.



## MEET THE TEAM

### DIRECTOR

#### GINA NICOLETTI-BELLINGER – ASSOCIATE DIRECTOR OF ATHLETICS/SWA



Gina is an experienced Administrator and Coach with a passion for mentoring student-athletes and coaches. She joined the Centre athletics staff in 1993. Since that time, she has held a variety of leadership positions, including Interim Athletic Director, Head W. Soccer Coach, Health and Fitness Instructor and Director of the Buck Fitness Center. Gina coached the women's soccer program for eleven years in which she brought the program to a top ten South Region ranking, had numerous All-Conference players including two Conference Player of the Year Awards and four All-Region Players.

She received her B.S. from Elon College where she was an All-American Soccer Player, and currently is fourth in goals scored, tenth in assists and sixth in total points. She received her M.S. from Ithaca College, where she was a Graduate Assistant Coach for the women's soccer program.

Gina has attended the Women Leaders in Sports (WLS) Leadership Enhancement Institute along with the WLS Institute for Administrative Advancement. She also holds a United States Soccer Federation coaching license as well as a National Soccer Coaches Association of America coaching license. Most recently, Gina attend the NCAA Leadership Academy Workshop and the NCAA Effective Facilitators Workshop in which she became a certified DiSC Facilitator. She is also a trained Habitudes Facilitator.

### FACILITATORS

#### DR. KEVIN L. CHAPMAN

Dr. Chapman serves as the Official Psychologist for Louisville City FC and has over a decade of experience with sports performance enhancement where he regular assists athletes and teams at various levels with mental toughness training. Dr. Chapman was on the University of Louisville Sports Performance Team for 8 years prior to expanding his full-time practice. Dr. Chapman is a former two-sport athlete in football and track and field at Centre College where he was a first team all-conference selection in football and a three time defending 100 and 200 meter champion, in addition to being named to the SCAC All-Anniversary team for his performances in track and field.



#### KEN LOLLA

Guiding three separate collegiate soccer programs to national prominence, Ken Lolla has used soccer as a tool to teach life principles and build cultures of success. Using his experience as a coach and leader, he now inspires and teaches teams, businesses and corporations through his dynamic speaking presentations.

Ken has built a career on ideologies that were ingrained at an early age through his parents. Ken's success is based on the timeless principles and character-based leadership skills that he strives to represent in his daily life.

Passing these principles on to inspire change, motivate growth, and encourage personal development in the lives of others has been the trademark of his career for over 30 years.



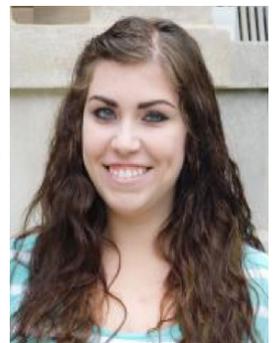
#### CHERYL HART

Cheryl has drawn media attention nationwide, leading to appearances in Shape Magazine, Sports Illustrated, Runner's World, Inside Triathlon, USA Today and ESPN, to name a few. She has been a member of Team USA, winning silver medals in the 2004 World Triathlon and the 2004 World Duathlon as well as the bronze in the 2005 World Championship. Cheryl also represented USA in the 2008 World Duathlon Championship in Italy. She was named All-American in both triathlon and duathlon (2003, 2004 & 2005). Cheryl was Kentucky's NCAA Woman of the Year (1993) and National Inspirational Athlete of the Year (1994). She holds a Master's Degree in Sport Psychology from the University of Tennessee and a B.A. in English from Centre College, where she is an Athletic Hall of Fame inductee. She teaches Sport Psychology at the University of Louisville and is currently working on several books that guide even non-athletes toward the attainment of life goals by implementing the principles used by successful athletes.



#### ALLI LAKE

Alli is a 2013 Centre College graduate and currently serves as the Assistant Director for Leadership Education within the Office of Student Organizations and Activities at the University of Kentucky where she advises the IMPACT Leadership program, LeadUK Conference Board and EMPOWER Women's Leadership Program. She also oversees the development and implementation of new campus leadership initiatives, including the Student Leadership Competencies, Strengths, and additional workshops and programming for student organizations. She completed my Masters in College Student Personnel at the University of Louisville in May 2017.



**GROWING LEADERS**  
Ready for Real Life

Growing Leaders is an international non-profit organization with a mission to equip today's young people to become the life-giving leaders of tomorrow. Founder and CEO, Tim Elmore, and his team provide schools, universities, organizations and corporations with the tools they need to help develop young leaders who can impact and transform society. Elmore has written more than 30 books, including the best-selling Habitudes: Images that Form Leadership Habits and Attitudes. Growing Leaders has delivered leadership training and resources to thousands of academic, corporate and athletic organizations in more than 30 countries. Learn more at [www.growingleaders.com](http://www.growingleaders.com).



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## MORE INFORMATION

NOMINATION DEADLINE: MONDAY, AUGUST 12

SELECTION ANNOUNCEMENT: MONDAY, AUGUST 19

UP TO **3** STUDENT-ATHLETES PER TEAM WILL BE SELECTED.

### WANT TO BE NOMINATED? TALK TO YOUR HEAD COACH!

Those student-athletes who attend 8 out of 10 sessions will receive the Colonel Performance Certificate and will be recognized at the Centre Athletics Award Ceremony (CAAS).

Those teams (all student-athlete participants per team and one member of the coaching staff) who attend all 10 sessions will receive a free team performance consultation with the facilitator of their choice.

## KEEP UP WITH THE COLONELS



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WANT MORE INFORMATION? HEAD TO [WWW.CENTRECOLONELS.COM/COLONELPERFORMANCE](http://WWW.CENTRECOLONELS.COM/COLONELPERFORMANCE)

