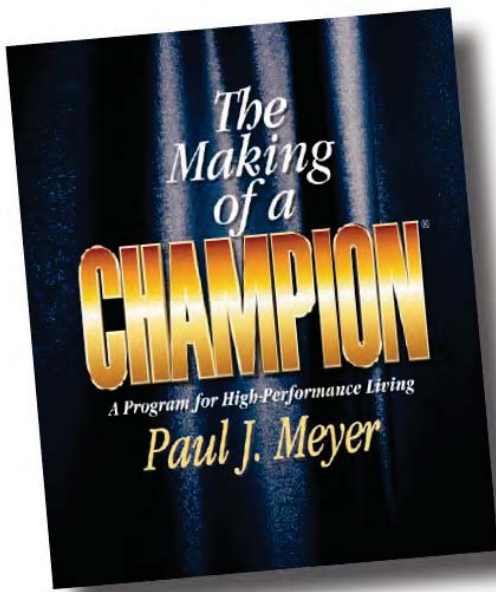


Learn about the successes of many of the World's champions!



"The Making of a Champion" Teen Leadership Program

- ✓ **Become a High Performer**
- ✓ **Give direction to your dreams**
- ✓ **Courage is the mark of a champion**
- ✓ **Execute with an achiever's attitude**

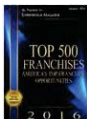
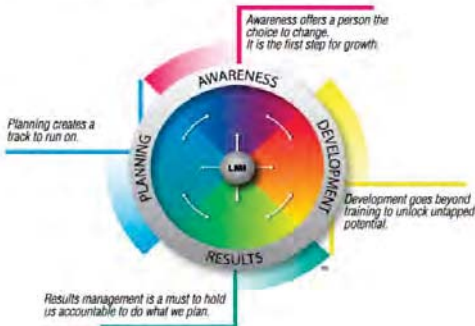


"The Making of a Champion" Program cost is \$795 per participant and includes the following:



1. Pre-course 30 minute meeting with parent and teen to set expectations and goals;
2. Five weekly 45 - 60 minute action-oriented individual sessions, or 60 - 90 minute sessions for small groups.
3. Each participant will be provided their own The Making of a Champion® ten lesson with plan of action program with audio CDs/MP3 downloads to aid the study and learning process to be used as a complete process;
4. Mid-term 30 minute review.
5. Post-course 30 minute ROI results and reinforcement plan.

The LMI Strategic Development Process™



JourneyAh, LLC -
a Leadership Management® International
(LMI) franchisee

"My commitment is to coach my clients through their journey of increased productivity and leadership growth. I'll inspire them to challenge their thinking to build their creativity and innovation capabilities, and help them learn to motivate themselves to transform into the person they aspire to become!"
- Norma I. Hale, JourneyAh, LLC President, Certified Facilitator & Coach



INTRODUCTION / KICKOFF

ONE: Desire – Where Motivation Begins

- The Rewards Of Leadership
- Achievers Have Desire
- Achievers Conquer Self-Doubt
- Achievers Overcome Obstacles
- Achievers Count The Cost
- You Can Develop Desire

TWO: Potential – Realizing Your Abilities

- Achievers Tap Their Potential
- Uncovering Hidden Potential
- Wake The Sleeping Giant Within You
- You Are Never Too Young – Or Too Old To Use Your Potential
- Key Points About Potential

THREE: Personal Goals – Giving Direction To Your Dreams

- What Are Goals?
- Goals And Dreams
- Type Of Goals
- How High Should Your Goals Be?
- Set your Own Goals
- Expect To Reach Your Goals
- Visualize Your Goals
- Keep Sight Of Your Major Goals At All Times

FOUR: Dedication – Paying The Price

- What Dedication Means
- Champions Are Dedicated
- Steps Toward Complete Dedication
- Overcoming Adversity
- Putting Dedication Into Practice

FIVE: Work – Preparation for Victory

- The Miracle Of Work
- Experience The Joy Of Work
- An Organized Plan And Practice Put Your Dreams Into Action
- The Right Kind Of Practice
- Steps for Physical And Mental Conditioning
- High Performance Living
- Begin Now

SIX: Determination – The Refusal To Quit

- Never Give In!
- Everybody Meets Obstacles
- Achievers Demonstrate Determination
- Developing Determination

SEVEN: Courage – Facing Challenges with Confidence

Courage Is The Mark Of A Champion
Confidence Is Believing In Yourself!
Putting Your Confidence Into Action
Positive Thinking Develops Confidence
Practice Provides Confidence
Adversity Builds Confidence And Courage
Transform Your Fears Into Courage
Keys To Courage

EIGHT: Concentration And Visualization

Why Concentrate
Everyone Can Improve Concentration
The Power Of Visualization
Why Visualization Succeeds
The Self-Fulfilling Prophecy
Visualize Your Way To Victory!

NINE: Perspective – Putting The Proper Value On Winning

Look Inside Yourself
You Are Accountable!
Balance The Pain And The Pleasure Of your Performance
There Are Winners, And Then There Are Winners
Focus On Your Purpose

TEN: An Achiever's Attitude – A Quest for The Best

Master Your Mind!
Exert Self-Control And Be Teachable
Become A Team Player
Pride Reflects Self-Worth
Pride Empowers Creativity And Prompts Total Effort
You Activate Your Pride And Your Power To Succeed
Break The "Can't Do" Barrier!