

## Prime U's "The Advantage" Holistic Personal Development Program Session Descriptions:

*(Note: Each session is approx. 1 hour in duration, Prime U will provide all materials, slide decks and additional resources for participating student-athletes)*

- **"I made it! Now What?" (Decision-Making, Process Improvement & Establishing an Effective Routine)**
  - **Key Objective:** Participants will be given a proven framework to successfully navigate the transition into a new environment (i.e. high school to college, college to the workplace, etc.). Participants will also be able to apply discussed concepts of positive decision-making, process improvement and establishing an effective routine.
- **"Who Am, I?" (Identity, Self-Awareness & True Confidence)**
  - **Key Objective:** Utilizing the HIGH5 Strengths & Personality Assessment, participants will leave with increased self-awareness and a structured individual development plan to address discussed areas of personal improvement.
- **"Pressure Makes Perfect" (Personal Ownership, Critical Thinking & Problem-Solving)**
  - **Key Objective:** Participants will leave with clarity on personal core values, a structured personal system to decision-making, and an outlined personal case study to identify their problem-solving style in high and low stress environments.
- **"Finding Your Voice" (Effective Communication & Emotional Intelligence)**
  - **Key Objective:** Participants will leave with a structured system to conversational awareness and increased understanding of emotional triggers, coping mechanisms and strategies for effective and healthy communication.
- **"Developing A Global Perspective" (Social and Global Responsibility)**
  - **Key Objective:** Participants will leave with an increased understanding of national and global perspectives. Clear examples of effective and non-violent social justice actions will be presented. Participants will engage in discussions on race, discrimination, violence, empathy, and unity.
- **"Owning the Stage": (Professionalism & Post-Sport Transition)**
  - **Key Objective:** Participants will leave with identified transferable skills from athletics that can be applied after their sport careers. Participants will also be able to apply discussed concepts of personal branding, networking and workplace innovation.

### Testimonial:

*"Jarrod is on the cutting edge in terms of concerns about the student-athlete...His maturity, his attention to detail, his big-picture thinking, and his genuine care about the student-athlete...I just hope we hire him at some point at this university, I love him. I think he is a great role model for a lot of our players. And not just our players, for all of college football. When he speaks, people listen"* – **Urban Meyer, Head Coach, Ohio State Football**