



Handshake Columbus

April 2017

Session 3: Perseverance



Pre-Game: *Warm-Up (Completed prior to session)*

Prior to the session, in order to explore your thinking a little, answer the following four questions in the spaces provided. Be ready to discuss your responses.

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| <p>1) Why do you think perseverance is the topic of the first session? In what ways does perseverance feel like a starting point for personal development?</p> | <p>2) What does perseverance mean to you? Choose one word (besides <i>perseverance</i>) that you feel like best explains, exemplifies, or illustrates the idea of perseverance. Write about it. Be ready to share and explain your word.</p> |
| <p>3) Think about a person who has shown you what it means to persevere (it could be an athlete, scholar, friend, relative, etc). Why did you connect that person to the word <i>perseverance</i>?</p> | <p>4) Is perseverance something some people are born with and some aren't, or is it something that can be developed in anyone? If you believe it can be developed in anyone, what does that development process look like? Jot down some notes about your thinking.</p> |



Session: *Game-Time*

Now that you've explored the idea of PERSEVERANCE from your own perspective, we'll spend time tonight developing and unfolding those ideas even more, working to expand our perspective and challenge our thinking.

Stretch: 10 minutes

Within your team, re-introduce yourselves to one another. Share your name, your school, your sport, and something interesting or unique about yourself. Be prepared to jot some notes about your teammates. Having some information about them could help you for later exercises.

Within your team, share the one-word responses that your teammates wrote to question #2 in the pre-session work. Try to understand how your teammates might have been thinking about PERSEVERANCE similarly to, and differently from, you. Are there additional insights for you, either in the similarities or the differences?

Challenge: 10 minutes



Discussion Drills: 30 minutes of Assistant Coach-led discussion

Broadening Our Perspective

- How do you think perspective plays into PERSEVERANCE?
- What about your experiences (your athletics, academics, personal life, family life, financial experiences, gender, ethnicity, religious experiences, etc) caused you to think about PERSEVERANCE as you do? Can you deconstruct your thinking enough to understand *how* and *why* you think this way?

Disrupting Our Assumptions

- When could PERSEVERANCE be a bad thing? Could it ever be a bad thing?
- Have you ever heard the word grit? Have you ever heard anyone be called gritty? Do you like that word as it's used to describe people? Why or why not?

Connecting Our Thinking

Discuss your teammates responses to question #4 in the pre-session work. Was everyone's response the same? For those that responded they believe PERSEVERANCE is developed, is that development process:

- Something similar for everyone?
- Totally different for each person?
- Are there patterns or similarities in developing PERSEVERANCE that seem to cross individual story lines and build a common theme?



Share-Out: 20 minutes for discussion and sharing with the larger group

Discuss with your teammates the very best understanding of the word *PERSEVERANCE*, making sure to include all of your teammates' perspectives and experiences. Choose a spokesperson to share a 90 second definition and explanation of your work tonight. Make sure you write the definition and explanation your team comes up with (and notes from other team's definitions), as closely as you can, in the following box. You'll need it for your post-session work.

7th Inning Stretch: 15 minutes



4th Quarter: 20 minutes

Now, in our final 30 minutes together, is the time to put all of our ideas, discussions and words to good use. What's the point of all this? How do we walk away from this night with fresh ideas, sharper thinking, and a game plan?

We'd like you to spend the next 20 minutes with your team and coach, strategizing how to best implement something you learned tonight.

This could mean you and your team develop a game plan around this program, and strategize how to help each manage the additional responsibilities and time-management around all of the pre- and post-session work.

It could mean that you create a team motto, or vision statement, that you can own through the course of the program, and beyond, that speaks to the depth of your thinking around PERSEVERANCE.

It could mean that your team plans to reach out to those individuals you listed in response to question #3 of the pre-session work, asking for further guidance, or thanking them for the example they set.

Or, it could mean..... whatever your team needs it to mean, tonight and beyond.

This 20 minutes is for you and your team to create something helpful to you, or to your world.



Post-Game: *Cool-Down (Complete within the next 4 weeks)*

Go back to the definition and notes you took for the Share-Out portion of the previous session. This is when you and your team sought to create the best, most multi-faceted, assumption-busting definition of perseverance you could.

Now, a few days, or weeks, out, is there anything you would change about this definition? Tweak? Erase? Modify?

What feels like it holds true? What feels like it was wrapped up in the energy of the evening, and doesn't hold true for you, now, in the quiet of your own mind? Rewrite your own best definition of the idea of perseverance.

Look ahead to your schedule in the coming weeks. Where does your personal definition and understanding of perseverance come into play? How do you need to persevere in the coming weeks? What does this look like? Who can hold you accountable to that?

Consider the previous session. We warmed up with some open discussion, went through some facilitated conversation with your coaches, and tried to apply some learning. What worked for you? What didn't work? How can you resolve to resolve this?

