



It's all about connecting:

"I thought the work you did here was amazing and it really showed a larger picture to those who attended the seminar. I liked the honesty and truth behind what you told us, and I found our individual time really valuable in terms of learning how to be more confident in and out of the

classroom. You opened our eyes up to see the strength we all have individually."

—Landon A.



About Jeff Levin

Born and raised in Newton, Massachusetts, and a graduate of Dartmouth College, Boston College School of Education and the Smith College School for Social Work, Jeff has devoted his professional life (35 years and counting) to supporting young people and their families. He began his professional career as a middle-school English teacher in Carlisle, Massachusetts, and since then has worked as a psychotherapist and life coach with individuals and groups in a wide variety of settings helping families, teams, individual athletes, young people, and corporations all over the country.

JEFF LEVIN COACHING

The Anatomy of Leadership

June 28-30, 2017

Brandeis University
Waltham, Massachusetts



Every serious athlete, whatever their aspirations, is called upon to be a leader at some point in their careers. The Anatomy of Leadership camp helps to prepare participants so they can answer that call.

The Anatomy of Leadership is a unique, multi-disciplinary, three-day enrichment program for athletes that teaches them the mental skills to be leaders in their chosen sport. This program gives students the ability to eliminate psychological and emotional distractions and also teaches them emotional skills that will help them to succeed in any endeavor they undertake. Through group activities and individual meetings, every student will leave the program with a concrete, powerful, and animated sense of him or herself as an individual and teammate who is ready to lead in a variety of ways.

During camp, participants will develop a personalized performance leadership plan with life coach Jeff Levin (MSW, MAT, www.jefflevincoaching.com/bio), who specializes in working with student-athletes on the mental side of their game in order to improve their athletic performance and their lives.

www.jefflevincoaching.com

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Find what you love –
live what you find.

The Anatomy of Leadership has three parts:

1) What makes a leader?

Through lectures and group exercises, we will explore the characteristic traits of leaders.

These include:

- Have vision
- Develop and shepherd ideas into reality
- See the big picture and the interrelationships of elements
- Think strategically
- Have integrity
- Have the ability to foster partnerships and negotiate
- Be willing to take risks at appropriate times
- Be optimistic.



2) Are you prepared mentally if called upon to be a leader on game day?

Here are some of the hard skills we will be covering:

- Mental Steadiness: Staying level-headed during the highs and the lows of the game
- The Ability to Shed Failure: The “onto the next play” mentality
- Focus: How to get in the Present “Zone”
- The Ability to Strategize: Ability to be objective, analyze self, opponents, detours
- Confidence: The difference between hoping you’ll succeed and knowing it
- Drive: Go-get-it mentality
- Trust: Your own abilities, teammates, and coaches.

3) How do your emotions affect your play?

Participants will meet one-on-one with Jeff Levin to develop personalized leadership performance plans. This look at how emotional issues play out in the context of the team gives participants the ability to connect with their authentic selves and eliminate psychological and emotional distractions from their game.

The performance plans will include subjects such as:

- To live with lasting, intentional confidence
- To manage the “gremlins” in participants’ heads, so positivity prevails
- Manage stress, both individually and as a group
- Manage the heart rate (and anxiety)
- To set goals: participants learn to devise a plan, implement that plan, achieve benchmarks, and reach goals
- Find a sense of purpose: what does success look like? What is it going to look like if goals are not achieved?
- Be a better teammate and more coachable player.

I am a senior on the softball team. I just wanted to take the time to email you and let you know that I really enjoyed the leadership workshop with Jeff Levin last night. Going into the meeting I figured it was going to be someone just talking at us giving us pointers on how to grow as a leader on an athletic team. However, Jeff made it so much more than that. The workshop was interactive and everyone participated. I feel like after only an hour long meeting with him I have learned more about myself and how to grow into a better leader than I have in any other way. After talking to a few athletes who were also at one of the workshops last night, I have heard nothing but positive feedback.

I just wanted to take the time to personally let you know how much we enjoyed the workshop and how much we learned from it.

— Emily M.

The Anatomy of Leadership

June 28 & 29: 9AM–4PM

June 30: 9AM–2PM

Day Option: \$450

Overnight Option: \$650

For more information and to register:
www.jefflevincoaching.com/camps

Parents are encouraged to visit Jeff Levin’s website (jefflevincoaching.com), and Mr. Levin is available to talk with parents by phone to answer any questions they may have. For more information, contact Jeff Levin at:

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