

Base to Summit Workouts: Table of Contents

WORKOUT	TITLE	FOCUS	CHARACTER STRENGTHS
	01. SETTING FRUITS & ROOTS TEAM GOALS Establishing the Process Goals (the Roots) Needed to Achieve Your Outcome Goals (the Fruits)	Goal Achievement, Goal Setting, Outcome goals, Process goals	Attitude, Effort, Goal Achievement, Personal and Collective Responsibility, Work Ethic
	02. CONDUCTING A TEAM CULTURE SWOT ASSESSMENT Understanding Your Team's Strengths, Weaknesses, Opportunities, and Threats	Opportunities, Strengths, Team Reflection, Threats, Weaknesses	Collaboration, Emotional Intelligence, Self-Awareness, Self-Reflection, Teamwork
	03. ESTABLISHING A TEAM COMPACT Setting the Team Norms and Expectations to Ensure Excellence with Integrity on the Journey of Your Season	Agreements, Expectations, Norms, Trust	Accountability, Collaboration, Leadership, Respect, Responsibility, Sportsmanship, Teamwork
	04. PUTTING INTEGRITY INTO ACTION Committing to Put Integrity Into Action to Check Ourselves Before We Wreck Ourselves	Accountability, Commitment, Integrity, Responsibility	Accountability, Courage, Discipline, Harmony, Honesty, Integrity, Responsibility, Self-Awareness, Solidarity, Sportsmanship, Trustworthiness, Unity



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WORKOUT	TITLE	FOCUS	CHARACTER STRENGTHS
	05. DEVELOPING A GROWTH MINDSET RESPONSE Using Effort, Challenges, Mistakes, and Feedback to Drive Optimal Performance	Feedback, Growth, Mindset, Mistakes, Motivation, Performance	Emotional Intelligence, Growth Mindset, Harmony, Resilience, Self-Awareness, Self-Regulation, Solidarity
	06. DEFINING LEADER TO DETRACTOR BEHAVIORS Understanding Leader, Participant, and Detractor Behaviors, Attitudes, and Mindsets	Expectations, Leadership, Psychological Safety, Roles	Accountability, Collaboration, Leadership, Psychological Safety, Respect, Responsibility, Sportsmanship, Teamwork
	07. DEVELOPING STRESS RESILIENCE Learning Better Responses and Quicker Adjustments to Stress	Mental health, Performance, Pressure, Resilience, Stress	Emotional Intelligence, Psychological Safety, Resilience, Self-Awareness, Self-Regulation, Solidarity, Teamwork, Unity
	08. HANDLING PRESSURE Reflecting, Connecting, and Adjusting to Pressure—Within Oneself and Between Teammates	Connection, Reflection, Safety, Self-Awareness, Trust	Emotional Intelligence, Harmony, Optimism, Poise, Resilience, Self-Awareness, Self-Regulation, Solidarity, Sportsmanship, Trust



Base to Summit Workouts: Table of Contents (cont.)

WORKOUT	TITLE	FOCUS	CHARACTER STRENGTHS
 WINNING FEEDBACK	09. MASTERING WINNING FEEDBACK Learning to Give and Receive Winning Feedback	Communication, Conflict, Feedback, Teamwork	Coachability, Communication, Conflict Management, Emotional Intelligence, Growth Mindset, Leadership, Self-Awareness, Unity
 CONTROLLING THE CONTROLLABLES	10. CONTROLLING THE CONTROLLABLES Visualizing Success, Learning from Failure, and Developing Unconditional Situational Acceptance	Acceptance, Failure, Focus, Resilience	Acceptance, Emotional Regulation, Focus, Goal Achievement, Leadership, Resilience, Responsibility, Sportsmanship, Toughness, Unity
 STRIVING FOR FLOW	11. STRIVING FOR FLOW Responding to Choking and Panicking—Getting Out of Your Head and Into the Game	Choking, Flow, Panicking, Pressure, Resilience, Toughness	Emotional Regulation, Focus, Goal Achievement, Resilience, Self-Awareness, Stress Management, Toughness, Unity
 FORWARD LEARNING	12. LOOKING BACK AND LEARNING FORWARD Bringing Closure and Collecting Actionable Insights for Use in Future Challenges	Failure, Reflection, Regret, Self-Awareness	Emotional Intelligence, Excellence, Resilience, Self-Awareness, Solidarity, Trust, Wisdom

