



Whitelion/Stride and Youth Connect



Present...

A Webinar for School Careers and Wellbeing Professionals

Tuesday 8 September 2015

4pm – 4:45pm

'Negative Self-Talk and the Impact on Performance'

Keynote: Gavin Freeman, B Psych, MA Psych, MBA – Director of the Business Olympian

Gavin was the team psychologist for the Winter Olympic team in Turrino 2006 and 2000 Sydney Paralympic Games. He was also Team Psychologist for the Olympic Archery Team in Sydney 2000. At the professional level he has worked with a variety of athletes from the best sporting leagues around the world including the NBA, WNBA, and PGA, additionally he was the Psychologist for a Team at the 2003 Rugby World Cup.

Gavin now consults to CEO's, Executives, Managers and Elite Coaches delivering a variety of experiential Performance Mastery Workshops, Change Leadership Consulting, Strategic workshop facilitation, Executive Coaching, and Team Building experiences. As a psychologist his insights bring an understanding of human behaviour, and how to best create a high performing culture.

Gavin's book, "**The Business Olympian**" released in June 2008 captures the mental toughness lessons learned from elite athletes and how these skills can be easily transferred into the corporate world.

Gavin is currently working on his second book and can usually be heard on one of the business radio shows across Australia and channel 7 Sunrise program.



Launch of 2016 School Programs

Karen Holmes – Stride Manager with Whitelion and **Danny Schwarz – CEO Youth Connect** will provide an overview of Preventative Wellbeing and Career Transition Programs available to schools in 2016.

Please see attached brochure for further details.

Register

To register for this **free event**, go to: <http://www.whitelion.asn.au/stride-webinar>

For more information, or to book any of our programs or services, please contact us at:



<http://www.youthconnect.com.au>
Email: info@youthconnect.com.au



03 8306 6300



2A Station St
Moorabbin, VIC 3189