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"To Push or Not to Push"

What Your Child Needs to Succeed

with David Benzel, America's Sport Family Coach

Sunday, March 24th, 3:00 PM to 5:00 PM
Dracut High School, 1540 Lakeview Ave

Everyone knows the importance self-esteem plays in reaching one's potential. We also know how fragile self-confidence can be. This workshop addresses the foundations of your child's self-belief and teaches you powerful strategies for helping your child take charge of personal success in every situation.

Seminar Segments:

How Your Family is Unique
Overcome the Tiger and Helicopter Syndromes
Identify Behaviors that Undermine Your Child's Confidence
Reprogram the Mental Software for Success

Seminar Goals:

Identify the values that drive behavior in your family
Replace excuses with ownership of personal actions
Learn to optimize performance, not pressurize
Gain the skills to end frustrating defensive conversation

Learn how to create the most positive family environment

RSVP at www.growingchampionsforlife.com/dracutparent

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A Parent's Workshop

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(352) 267-5344



David Benzel

GROWING CHAMPIONS FOR LIFE

keynote topics

"Give Your Child Bullet-Proof Self-Confidence"
David addresses the foundations of your child's self-belief and teaches you a powerful strategy for helping your child take charge of personal self-confidence in every situation. Wouldn't you like your child to have that gift?

"The Parenting Battle We Must Choose to Lose"
A parent's paradox is how to maintain enough control to raise a champion, but not enough to break the spirit of one. David shares insights and strategies for discerning the difference between guidance and control, challenging and nagging, hero and manager.

"The Secrets of Chump to Champ Coaching"
Gaining commitment from young athletes, rather than just compliance is the trickiest and the most important challenge in coaching. If you wish to be remembered as a significant influence in a child's life, learn the secret of the chump to champ journey.

is an author, athlete, sport-family coach, and nationwide speaker. He brings an athlete's discipline, a coach's inspiration, and a parent's experience to teach parents and coaches skills for succeeding in the athletic arena. His fifteen years as a corporate leadership coach for companies like Nextel, Sprint, Allstate, Balfour Beatty, and The Villages established him as an expert in the principles of influence and coaching. Raising two elite-level athletes has given David boundless passion and hundreds of positive strategies for connecting with our athletic children.

- Eight time national water skiing champion
- Five time national record holder in water ski jumping
- Coach of the US water ski team to the world championships, which they won
- Coached Cyndi Benzel, (spouse) currently co-holder of a national water ski slalom record
- Competitor in Master level cycling; has won 5 races in Florida
- Recipient of the Award of Distinction by the Water Skiing Hall of Fame of USA Water Ski

media
David's ten years as a commentator for ESPN and the Outdoor Life Network provide his audiences with vivid insights about the challenges of sport.

to book david:
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