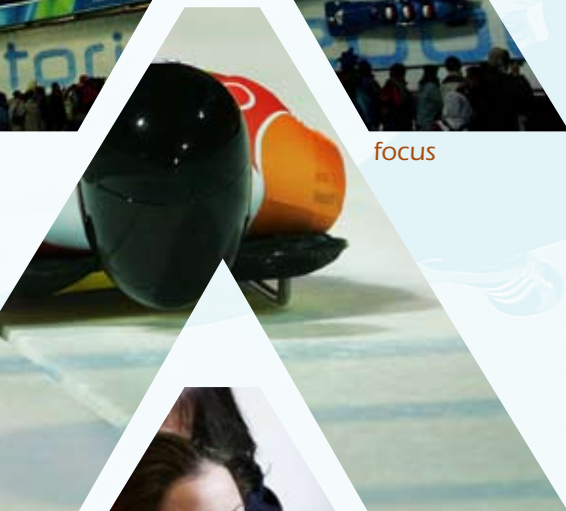




prepare



focus



do



review

drivingRESULTS

as an Individual Contributor and as a Team

Most organizations have a keen understanding of the important issues facing their business and often have elaborate plans for solving those challenges. However, most struggle in the area of execution. In a very unique 3 day workshop focused on how to drive results in an organization, participants will spend the first day and a half focusing on how to drive results from an individual perspective. The second half of the course then focuses on how to drive results as a team. Using the winter sports of Bobsled and Skeleton as metaphors, participants will drive themselves down a 1/2 mile of the Olympic ice tracks in Lake Placid, NY as they use the experience to understand about the essential elements of executing which include: prepare, focus, do, and review.

All workshops will be held on the following dates on the Olympic Track in Lake Placid, NY:

- November 27-29
- January 15-17
- March 11-13
- April 8-10

Workshop cost: \$2000 (includes bobsleds/skeleton sleds, track time, coaching from Olympic athletes and coaches, food and beverage, and program materials). The cost does not include accommodations. Olympic University is proud to pass on its Olympic discount at the Lake Placid Hilton to all of its participants. Please contact us at olympicuniversity@usoc.org for more information on housing options.

This course is for teams, leaders, and individuals looking to enhance their change leadership and execution skills through innovative, experiential, outside-the-box learning.

➤ **Registration**
www.olympicuniversity.org/programs

** Please note, due to limited track availability, this workshop is limited to 20 participants **



OLYMPIC UNIVERSITY



about **OLYMPIC UNIVERSITY**

By grounding our content in the philosophy of Olympism and the Olympic Ideals, we believe we can influence everyone we touch to play a role in creating a better world. By immersing leaders in the Olympic experience, specifically leveraging sport as a metaphor, we will give our participants a chance to feel and experience the Olympics every day, not every four years. We will interact with Olympians and Olympic Hopefuls, use techniques that our Olympic coaches, sports psychologists and scientists use with our elite athletes and understand the philosophy of Competition on the field of play and Cooperation at all other times.

We believe learning happens via a three part model:

DO

Some corporate universities talk about things. At Olympic University we DO things. By jumping in and trying, we give ourselves the advantage of understanding what it feels like to learn. We do things we may never have done before, or do routine things in ways that might take on new meaning.

REFLECT

Once you DO something if you don't spend time thinking about it in the context in which you are learning, all could be lost. At Olympic University we ask our participants to think about and REFLECT both individually and collectively about what they have learned, how they felt and how they can apply those lessons and feelings to their day to day lives. Reflection is something that begins at Olympic University and then continues well into when the participant gets home and back to work.

STORY TELL

Only until you have to explain not only what you've done, but also why you've done it, do you truly understand the impact the lesson has had. This kind of application is what we at Olympic University want our participants to leave with: stories about the programs they've attended, the athletes they have met and interacted with, and the connections they've made.

About the United States Bobsled and Skeleton Federation (USBSF)

The USBSF is the national governing body for Bobsled and Skeleton. The history of bobsledding and skeleton can be traced to the late 19th century, when lumberjacks raced each other on sleds used to haul wood in Albany, N.Y. In Switzerland, skeleton was created in the small mountain village of St. Moritz, where athletes leapt onto a single sled head first, reaching speeds up to 80 mph. Until recently, bobsled and skeleton has been largely dominated by Europeans. Using new technology, the U.S. bobsled team quenched the 46-year medal drought at the 2002 Olympic Winter Games in Salt Lake City, Utah, claiming a gold, silver and bronze medal. After a 54-year absence, skeleton reemerged onto the Olympic scene, where Americans have dominated, winning two gold and one silver medal. The U.S. team has continued to advance, winning 45 medals in the 2006-2007 season, claiming four overall World Cup titles, and one World Championship title. The U.S. Bobsled and Skeleton Teams look to continue their success through Vancouver in 2010.



do



reflect



story tell

> Registration

www.olympicuniversity.org/programs