Are you an elite athlete or performer? Griffith University invites you to nominate to be part of a very special pilot program, FREE OF CHARGE, to help prepare you for a life in the spotlight. You will be part of a 2 day workshop with the very best athletes and performers of your age from around the Gold Coast. Numbers are restricted to just 40 students so nominatenow for a chance to be selected to participate.

Monday 14 and Tuesday 15 September 9.00am – 5.00pm Griffith University Gold Coast Campus

The Concept

• Unique concept that has never been attempted in this format before
• 2 day Leadership camp for elite athletes and performing arts students at senior school age
• Workshops will be focused on ‘lifeskills’ to help prepare for careers as elite performers with a high likelihood of becoming professional athletes or performing artists
• Selected students will be chosen on the basis of being the ‘best of the best’ in their field
• High profile guest speakers (famous athletes and performers)

Content will focus on:

• Curriculum that will assist in the creation of good role modelling behaviour
• Key topics that aim to cover ‘high risk’ areas in the lives of these elite performers
• Topics that reinforce the value of ‘life balance’ and responsibility to the community
• Topics that help to prepare these students for life as an elite performer with all the pressures and expectations that come with it
• Fun, entertaining, content – perfect for school holidays

Proudly supported by:

Or scan and email back signed forms to M.Jeh@griffith.edu.au

also supported by:
What’s in it for you?

Key Content

Your Personal Brand
- Why is your ‘brand’ important to you as an athlete/artist?
- What are the implications of a damaged brand?
- How do you cultivate a strong brand and protect your reputation?
- Understanding the role of the media
- Role-plays and tips on handling the media
- How to cope with constant media attention

Leadership:
- What is leadership? Are you a role model?
- Why do leaders have special responsibilities to their community?
- Why are you a leader but also a ‘normal’ person? Isn’t that a contradiction?
- Learning to deal with success and failure
- Performance psychology – learning to deal with nerves and performance anxiety

Sex, drugs and rock’n’roll
- The effect that drugs and alcohol have on your career as an elite performer
- How good role models can positively impact on a culture of drug/alcohol abuse
- The dangers of binge drinking
- The personal cost of supporting a drug habit
- Violence and its results
- Schoolies Week behaviour and danger signals
- What is ‘safe sex’ and can I say NO?
- Mythbusters—rape, harassment, assault and the law
- Why you may be in a higher risk category because of your high profile career
- How drugs and alcohol put you in risky situations
- Road safety – covering issues including, drink driving, speeding, P plate drivers, peer pressure etc.
- The life-long repercussions of one bad decision behind the wheel
- Coping with group behaviour and showing off in vehicles

Managing professional and private life
- Money matters – learning budgeting skills, credit cards, common scams, long-term financial future, basic understanding of economy
- Choosing the right manager
- Agents – rights and responsibilities
- Contracts and copyright – a basic understanding
- Technology issues (Facebook, myspace, protecting your privacy)
- Email scams, internet fraud, promoting yourself in cyberspace
- Email etiquette, what’s legal and what’s not

Depression, Suicide and Relationships
- The roller-coaster life of an elite performer and the pressures that come with the territory
- Living in the spotlight and coping with fame
- Dealing with failure, injuries, relationships, performance anxiety and self-doubt
- How to seek help and counselling before it’s too late
- Why healthy relationships can lead to a successful career

Interpersonal skills, Networking and Etiquette
- This informal session will be in conjunction with a formal lunch. It will include:
  - Dining etiquette
  - Networking skills at functions
  - Manners and common courtesies in public/corporate settings
  - How to appear confident and assured without being arrogant or aloof

Taking on the world
- International travel; the opportunities and dangers
- Staying safe, health issues, local customs and laws
- Cultural sensitivity and an open mind
- Travelling with teams, living overseas
- Dangers of smuggling, legal rights, travel tips
- Coming home alive and safe!
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  (family, money, friends, career)
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**Show me the money!**

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