



Setting the Pace for Your Team

FIND YOUR RHYTHM. LEAD WITH BALANCE. WIN WITH PACE

OVERVIEW

Pace setting is one of the most overlooked, yet most powerful, leadership tools available. The pace a leader sets directly determines the energy, engagement, and productivity of their team.

In this interactive training, participants will learn how to recognize, manage, and optimize their team's natural rhythm. They'll discover their personal leadership strengths, learn to read engagement trends, and understand how to make deliberate pace adjustments that drive sustained performance. By the end of this session, leaders will know how to create a team cadence that feels balanced, motivating, and aligned with purpose. "When leaders set the right pace, teams don't burn out – they rise up."

OBJECTIVES

- Learn to manage the engagement cycle of team members and direct reports
- Discover their natural leadership strengths and how to leverage them for team success
- Identify trends and energy patterns that signal when to accelerate, steady, or reset team pace
- Create actionable strategies to maintain sustainable performance and morale



LOGISTICS

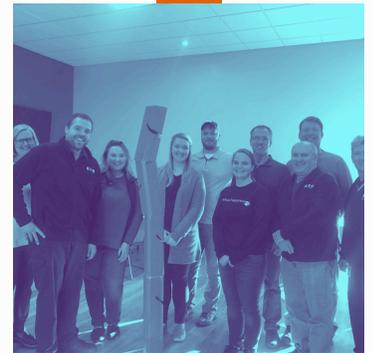


Length of Session
3 Hours

TESTIMONIAL

Having Team Concepts work with your organization will leave your team with a greater sense of vision, unity, and empowerment!

Mitch Ivey - Senior Pastor, Grace Fellowship Church



A dynamic workshop that helps leaders understand and master the art of pace setting. Learn to manage engagement cycles, discover leadership strengths, and establish a team rhythm that drives consistent performance and fulfillment.





The 4 Factors of Team Success

EFFORT. UNITY. SKILL. EXECUTION. THE FOUNDATION OF EVERY WINNING TEAM.

OVERVIEW

No one succeeds alone. Every remarkable achievement begins with a team that knows how to rely on one another, communicate clearly, and execute with excellence. In this interactive session, participants will explore the Four Factors of Team Success: Effort, Unity, Skill, and

Execution, and learn how to transform those traits into consistent performance. This workshop blends leadership insight, small-group activities, and real-world application to help teams build trust, improve collaboration, and expand their collective potential. When teams learn to combine effort, unity, skill, and execution with internal resources like motivation, selflessness, focus, and expectation, their capacity for success becomes limitless.

OBJECTIVES

- Identify the core factors that contribute to their team's success.
- Learn how to tap into their team's unlimited resources: motivation, selflessness, focus, and expectation.
- Discover implementation strategies that foster deeper engagement and accountability.
- Strengthen alignment and communication to maximize collective output.



LOGISTICS



Length of Session
3 to 4 Hours



TESTIMONIAL

It was great to have Team Concepts provide inclusive, active activities for the students who attended. They gained skills in how to effectively communicate, work as a team, and appreciate different cultures. I can't wait to have them back next year!

Colt Kraus, Asst. Dir. of Student Gov't and Involvement - University of Nevada, Las Vegas

"A team that learns to rely on one another never runs out of strength."





Managing the Inspiration Cycle

ENGAGEMENT ISN'T AN EVENT... IT'S A CYCLE YOU CAN LEAD.

OVERVIEW

Organizational success is fueled by people who are inspired in their work. While engagement is often measured as a predictor of performance, inspiration is what drives it. And inspiration isn't static—it moves in a cycle. Every individual experiences rhythms of clarity and momentum, followed by moments of fatigue or disconnection.

In this interactive workshop, participants will learn to recognize and manage the Inspiration Cycle within their teams. By identifying the patterns, strengths, and environmental factors that influence inspiration, leaders can act proactively, elevating performance before disengagement takes hold.

Inspiration isn't accidental; it's a cycle leaders can learn to lead.

OBJECTIVES

- Learn to identify the Four Levels of Inspiration among their team members
- Discover patterns and trends that predict shifts in Inspiration
- Understand how personal strengths influence Inspiration and performance
- Develop actionable strategies to increase team connection and morale

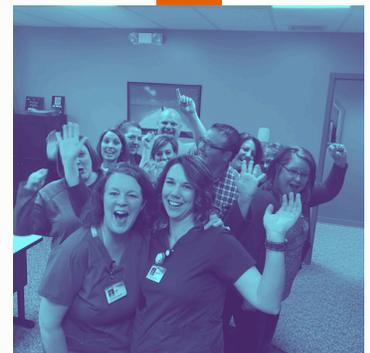
LOGISTICS



Length of Session
2 ½ Hours

TESTIMONIAL

What a great session with my students today! You definitely raised the energy level and increased collaboration with the teams. I can't wait to reinforce what you discussed with the students. You have a real talent!
Trent Wachner, PHD - Heider College of Business, Creighton University



"When people feel seen, they stay engaged. When they stay engaged, they make the organization unstoppable."





Setting Expectations

CLARITY CREATES CONFIDENCE. EXPECTATIONS CREATE EXCELLENCE.

OVERVIEW

Personal expectations set the trajectory for every relationship – in life, in leadership, and in team dynamics.

When expectations are unclear, teams lose alignment; when expectations are lowered, they lose excellence. In this 90-minute interactive session, participants learn how to identify and communicate personal expectations, recognize how those expectations impact others, and reset standards after disappointment or failure. Team Concepts, whose 30 years of experience in building and managing relationships has shaped his deep understanding of expectation-setting, this workshop equips leaders to maintain healthy standards without sacrificing grace or connection.

OBJECTIVES

- Identify their own expectations and how they shape relationships.
- Understand the ripple effect of expectations on team culture and performance.
- Learn practical methods to recover from unmet expectations and restore standards.
- Gain tools to set and communicate expectations with confidence and empathy.



LOGISTICS



Length of Session
90 Minutes

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Trent Wachner, PHD - Heider College of Business, Creighton University



Participants learn to turn disappointment into growth and build inspired cultures where clarity and accountability drive success.





Building Championship Culture

BUILDING CHAMPIONS THROUGH CULTURE, CONNECTION, AND LEADERSHIP.

OVERVIEW

Great athletic programs aren't built on talent alone, they're built on culture. This multi-tiered training series helps athletic departments, coaching staffs, and student-athletes create a unified culture of accountability, resilience, and leadership. Through customizable workshops, interactive challenges, and reflection exercises, Building a Championship Culture develops leadership from every level of the program, from new student-athletes to senior captains and coaches. "Culture wins championships – and leadership builds culture."

PROGRAM TRACKS

This academy-style training includes multiple modules that can be delivered individually or as a full series:

STEP 1 – New Student-Athlete Orientation

- Program buy-in begins here. This highly customizable kickoff session helps teams form identity, build relationships across programs, and establish shared standards of excellence and unity.
- Topics: Program Culture, Team Connection, Pride, and Purpose Collegiate Athletic Programs.

STEP 2 – Setting Expectations & Overcoming Adversity

- Athletes face immense pressure to perform – academically, athletically, and personally. This session helps them realign focus, adjust mindset, and rediscover their purpose through setbacks.
- Topics: Resilience, Mindset Reset, Value Creation, and Mental Toughness Collegiate Athletic Programs.

STEP 3 – Leadership Academy

- Culture is created by leaders and multiplied through influence. This session equips the most influential 15% of student-athletes to lead with integrity, inspire others, and create a winning environment that lasts. Topics: Character, Accountability, Influence, and Servant Leadership Collegiate Athletic Programs.

STEP 4 – Team Building

- True success isn't achieved by extraordinary individuals – it's achieved through collective, cohesive effort.
- This dynamic experiential module challenges teams to collaborate, communicate, and compete as one.
- Topics: Trust, Cohesion, Problem-Solving, and the Power of Team.

LOGISTICS



Length of Session
90 Minutes

Want to build a winning culture? Look no further than Team Concepts. Their hands-on approach will empower your staff to build a unified vision and transform your culture.

Dr. Paul Plinske - Director of Athletics at Colorado State University Pueblo





Building Championship Culture

BUILDING CHAMPIONS THROUGH CULTURE, CONNECTION, AND LEADERSHIP.

COACH DEVELOPMENT

For coaches and staff, Team Concepts offers specialized sessions designed to strengthen leadership, alignment, and cultural development across athletic programs:

- The Four Factors of Team Success – Effort, Unity, Skill, and Execution; the foundation of every winning program.
- Implementing Positive Change – Empowering coaches to design and sustain cultures of growth, engagement, and accountability.
- Inspiration Styles – Understanding and leveraging diverse leadership approaches to improve team rhythm and performance.
- Managing the Inspiration Cycle – Recognizing behavioral patterns that influence performance and morale, and leading teams through them intentionally

Athletes and coaches don't just need strategy – they need culture clarity. This program helps both groups align values, strengthen communication, and unlock potential through intentional leadership.

"Talent wins games. Culture wins seasons. Leadership wins legacies."

A dynamic leadership and culture development program designed for collegiate athletic departments.

Combines student-athlete and coach training to build programs that perform with unity, purpose, and heart, on and off the field.

LOGISTICS



Length of Session
TBD



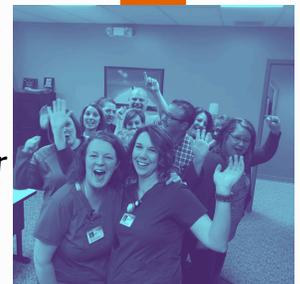
Materials
All Leaders will complete a self-assessment



TESTIMONIAL

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Dr. Paul Plinske - Director of Athletics at Colorado State University Pueblo





Leadership Academy

WHEN EVERYONE LEADS, EVERYONE WINS.

OVERVIEW

Leadership isn't reserved for titles; it's a mindset that begins with self-awareness, purpose, and service. The Leadership Academy empowers participants to discover their natural strengths, understand their leadership style, and learn how to use their influence to make a positive difference in their teams, schools, and communities.

Built on the Team Concepts belief that "When everyone leads, everyone wins," this interactive academy uses engaging activities, reflection, and teamwork to help students and emerging leaders build confidence, communication skills, and a deeper sense of responsibility..

OBJECTIVES

- Identify their unique strengths and leadership style.
- Learn how to build trust and teamwork through effective communication.
- Understand how small, consistent actions can create lasting influence.
- Gain confidence in making values-based decisions and leading by example.



LOGISTICS



Length of Session
2 to 4 Hours

TESTIMONIAL

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Dr. Paul Plinske - Director of Athletics at Colorado State University Pueblo



Designed for youth programs, schools, and community organizations committed to empowering the next generation of leaders.

