

Star Search Leadership

"Creating Leaders and Champions – On Court and Off"



The Power of Being You !

What is self-esteem and self-confidence and why are they important to your performance on and off the tennis court?

Self-esteem: This is your perception of yourself. People who have high levels of self-esteem are comfortable in their own skin and are happy with what they see in the mirror. You are unique, one of a kind, and you exhibit special "super powers" so **BE PROUD to be YOU!**

Self-confidence: This is your view on your own abilities to do something. It could be that you are confident in your forehand, or your serve, but maybe not that confident in your backhand. Your level of self-confidence is usually a result of hard work on that skill and the results of overcoming obstacles (perseverance) when using that skill. Remember what Roger Federer said in Unit 2 on decision making to improve your self-confidence: **"There is no way around the hard work. EMBRACE IT."**

- **TRUE COLORS and SUPER HEROE's** - Players will learn their "True Colors" in this unit which is a FUN form of a Meyers-Briggs personality test. Each of us has dominate colors and may need to use all 4 at various times to be successful on and off the court. We will be decorating our own Super Hero Capes with our strengths, our own super hero powers and our best shots too! Look out coaches - today's session is likely to be SUPER!
- **On-Court** - While acquiring on-court tennis skills the participants often hear words of encouragement from their coaches -- but tonight -- it will be special. Every time anyone (coaches and participants) see another player with a fantastic effort or shot they will shout out a way to say "that was great" like AWESOME, or some other work of praise. Super powers and super encouragement will be the theme tonight.
- **Reinforcement** - We have given them a lot of information on the character traits of the four common personality types. Point out their strengths and their frustrations, and how they can use their strengths to be a better leader, on and off the court.

Take Home - We encourage each participant's parents and siblings (relative too like grandparents, aunts and uncles, etc) to take the "True Colors" test too and compare with your child - we hope you find it very informative. Have fun filling out the True Colors. Enjoy!