

???What is a COACH???

**Big Q!!**

# Dreams - Aspirations - Common Goals

North Pole Women' Expedition 1997



Malaysian Women's South Pole Expedition 2020

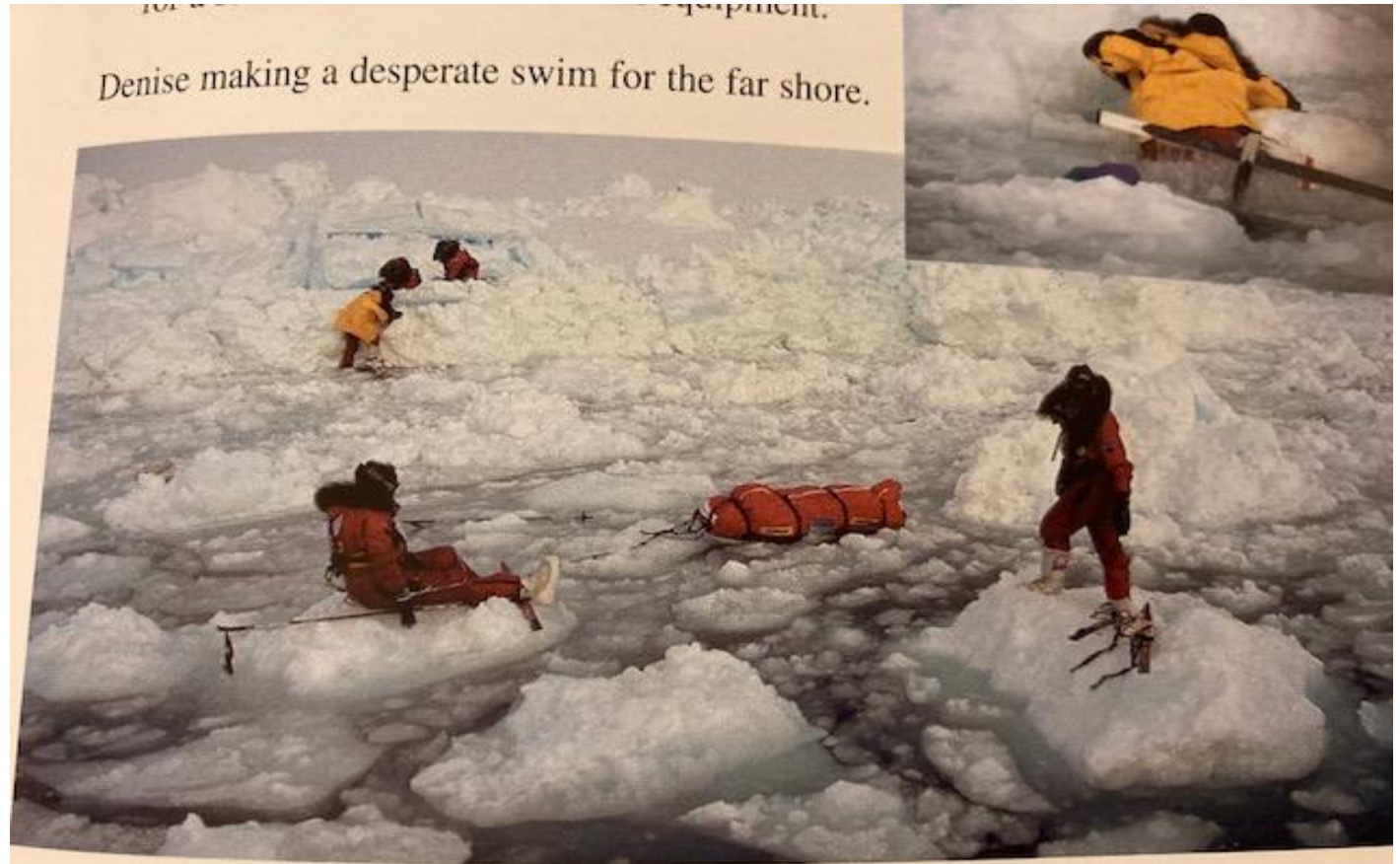


## Building Skills - Working Together - Creating Trust



**When the s...  
hits the fan -**

**Being  
prepared for  
hard times &  
knowing not  
everything  
will go 'right'  
all of the time**



# Know your Athletes & 'Get the Best from Them'



**Keep the  
Dream  
moving  
Forward**

**Pay  
attention**

**to what's  
in**

**front of**

**YOU**



**...And have  
forward**

**searching eyes**

-Thank You-