

OPA WINNING EDUCATIONAL & YOUTH TEAMS



HOW TO CONTACT US:
(856) 988-2939
TOLL FREE 888-868-3380
FAX (856) 988-3104
www.opawinningteams.com

OPA WINNING EDUCATIONAL & YOUTH TEAMS



**Dedicated to Providing
Innovative Programs**



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& Services

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OPA Winning Educational & Youth Teams:

Optimal Performance Associates is dedicated to customizing innovative workshops, seminars, and retreats that will meet your specific objectives and goals. Our mission is to provide your organization with a hands-on learning experience that will promote the enhancement of relationships and the building of tangible skills.

WHO WE WORK WITH:

- High school, Middle School, Elementary School Staff and Students
- Universities and Corporations
- Health Care Organizations & Social Service Agencies
- Athletic Teams, Sports Camps, & Youth Programs
- Outdoor Education & Physical Education Programs

PROFESSIONAL DEVELOPEMENT WORKSHOPS & SEMINARS



Teacher & Staff Team-building

Building a high performing educational team requires a tremendous amount of motivation, commitment, confidence, concentration, and teamwork skills to achieve at the highest levels. You can choose an in-depth workshop that explores a specific topic or work on group fun, camaraderie, and rejuvenation through our innovative team building initiatives and activities. Our customized team building and peak performance workshops will help your team:

- Develop team mission & common goals
- Increase mutual support and strengthen group cohesion
- Develop the abilities that contribute to group decision making and positive leadership
- Enhance team communication
- Deepen trust in self and others
- Develop an appreciation of everyone's role
- Ability to overcome conflict in a constructive manner

To get more information about our teacher in-services or youth programs, please visit our website at:

www.opawinningteams.com

Adventure Curriculum for Physical Education

Energize your PE curriculum with Adventure Programming. In this workshop PE teachers will learn how to incorporate adventure games and activities into the PE curriculum. PE teachers will learn specific activities and initiatives that will promote: movement concepts and the use of motor skills, self-confidence and self-esteem, leadership skills, communication skills, goal setting and the abilities that contribute to group decision-making and problem solving.

Character Counts: Promoting a Positive Classroom Atmosphere

This hands-on workshop is designed for educators, counselors, and youth service staff committed to improving the learning environment. Participants attending this workshop will learn experiential learning techniques and activities that will enhance teamwork, character development, as well as building a community in the classroom.

Winning the Mental Game: Stress Busters for Educators

Our stress management workshops are interactive and are designed for each participant to learn tangible stress management skills. The format includes participating in experiential activities and learning specific stress management techniques that can be utilized at work and in life.

WORKSHOPS FOR STUDENTS & YOUTH

Our customized workshops for students provide a hands-on and interactive learning experience that build tangible life skills and promote personal growth. Our youth programs have been utilized in public and private elementary, middle, and high schools, alternative schools, and residential programs. Each workshop is custom designed to focus on a variety of topics and can range from a 1-day workshop to an on-going program. Our student workshops are designed to:

- Help build confidence and self-esteem
- Enhance communication skills & trust in self/others
- Develop positive leadership skills and decision making skills
- Teach how to target and achieve goals
- Improve the abilities to manage conflict and stress
- Teach problem-solving skills & how to overcome obstacles
- Enhance teamwork skills

NEW!

Becoming a Good Citizen "Stepping Stones or Stumbling Blocks"

This hands-on workshop is designed to enhance the character development and life skills of each student. Students will participate in highly engaging activities that will focus on citizenship and issues related to bullying. Students will learn pro-social behaviors and strategies about whether they are bullies, being bullied, or are witnesses to bullying.

NEW!

Navigating Through the Maze of Transition

This innovative workshop is designed for students who are transitioning into a new phase of their education (i.e. elementary into middle & middle into high school). Students are engaged in a series of experiential and teamwork activities that will help each student understand the issues related to transition & change. In addition, each student will learn effective strategies on how to navigate through the maze of change and transition.