

## ET Testimonials Calgary May 2015 ESTEEM Team Training



*“Coming to the Motivate Canada workshop this weekend and working with ET is pretty exciting for me. I wanted to come to have the opportunity to give back to kids, to share the wealth of information that is out, and at least help one kid get into any sport - get them excited about participating, moving forward, setting new goals, and really just sticking with something. I want students to learn that working hard is awesome and amazing. Just hearing Corey and the other athletes share their stories and experiences just show how rich the whole environment is here.*”

*A highlight of the weekend for me was one of the stories about bobsled - major crashes. When I think about failure in my sport it isn't nearly as dramatic - it doesn't leave you in the hospital, but even then it is, regardless of where failure comes from, the courage to get back up and get back into sport is astronomical. Any injury takes a long time to recover from and it takes a lot of dedication and stamina.*

*A takeaway message for me from the weekend was I think just being authentic and being yourself --- play to your own skill set. I don't present the way everyone else does. Presenting in my own and with my own story, my presentation is going to come across a lot better than trying to tell a story that isn't mine or in a way that isn't authentic to me”*

**Lynda Keijko**  
**National Team Member Shooting**



*“I really wanted to get an opportunity to build my brand as a public speaker and enhance my skills and get more confident with what I'm doing and craft my message in a better way.*”

*A highlight for me was I really found lot similarities with the other athlete stories - we have a similar connection and shared experience. It was really powerful for me to understand that some of the struggles I went through are something that a lot of high performance athletes go through. These stories are relatable - whether that's kids, athletes, or adults - that we have a lot of shared experiences.*

*What I learned this weekend is you need to practice - it's really just about being more confident and comfortable. Really nailing down the specific and take away messages for the kids.”*

**John Fennell**  
**2014 Olympic Luge Athlete**

*I came this weekend because I felt I had a message to send, but I wanted the tools to create a better way to deliver it. As an athlete, I believe that's my role - everything I lived through, I think there is a greater purpose in sharing it.*



*I think the highlight was that every single thing that has happened to me, Corey made me try and reach into. Everything had a message and finding that message was really fulfilling. Seeing how all this stuff that I went through, all these hard things, wasn't all for nothing. There was always something to be learned. Learning how to craft that and identify that was very interesting for me to see.*

*This weekend helped me become a better public speaker in general. This weekend really put me out of my comfort zone and taught me that sometimes when you are scared to do something but you make a decision to commit to it, you become better and you actually might surprise yourself!*

**Ekaterina Zavialova**  
**National Team Snowboarder**



*"I've always been interested in speaking to youth and giving back by sharing my story. I wanted improve my level of speaking and I believe I did that this weekend.*

*This weekend I really learned how enthusiastic I can be - Corey is a great facilitator for the ESTEEM Team. I knew that I could be charismatic, but I didn't know to what capacity. Corey helped me bring that out in myself."*

**Chris Spring**  
**2x Olympian Bobsled Pilot**