



Life Lessons in Sport: Powering Small Group Growth

Ensuring youth success both on and off the field.



ASU
Global Sport
Institute
Arizona State
University

ENGAGE LIFE LESSONS | CONNECT WITH OTHERS | SHARE YOUR STORY



Sports has the power to change lives, both on and off the field. We are committed to improving the lives of youth. Join us in our partnership to ensure all youth get maximal life value from engaging in sports.

Learn more at <https://lifelessons.journey.do>

The Opportunity



Sports offer more than just physical fitness and entertainment. Engaging in athletic activities as a teenager can provide valuable life lessons that shape character, boost confidence, and lead to life success.

Join the Game, Embrace the Lessons.

Through our app, youth embark on an exciting journey of self-discovery and personal growth.

Our Program

We provide small-group journeys engineered to nurture life lessons from sport. Youth make progress in ways that they are seen, valued, and validated for their efforts within an anytime, anywhere app.

Developed through years of research at Arizona State University, we provide a complete solution to ensure the youth develop life lessons with supportive feedback and in ways that are inspiring and life changing.

WHAT WE OFFER



 **journey.do**
Together we thrive.

Next-Gen Growth Platform

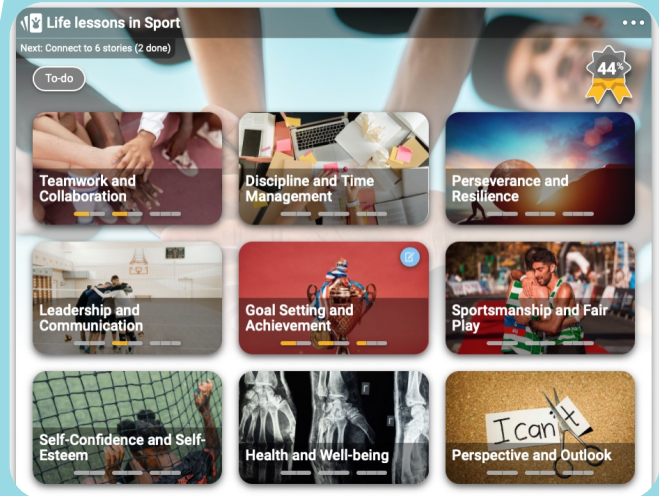
Journey.do is a next generation social growth app, built to bring about life change.

- It is strength-based and connects youth to relatable peer stories all within a safe and secure small group.
- It uses the power of personal narrative, positive reputation, gamification, and applied content to power life change.

Life Lessons Journey

The Life Lessons journey was built through interviews with athletes of all ages and combined with development psychology concepts to ensure youth grow in meaningful ways.

- Youth receive certificates for each journey, and digital portfolios can be created to affirm and support growth.
- The platform uses our connected growth cycle, engaging youth in 40+ micro-learning interactions per area to support real-world growth.



Flexible Champion Services

We provide growth as a service, with trained facilitators ready to support youth success.

- All facilitators are skilled in supporting personal growth and life wellness feedback.
- We manage growth with personalized and supportive guidance, then provide your organization with quarterly reports.

Key Life Lessons from Sport

There is a general appreciation for the power of sports to nurture life lessons off the field. While this is true, it doesn't just happen; it requires practice.



Growing life lessons from sport takes skills, practice, and coaching.

WE ENSURE GROWTH

We ensure youth grow life lessons in important life areas, with a connected platform that is easy to navigate and motivating to engage—designed for youth.

At the same time, our platform provides coaches and families a window into youth growth, with printable transcripts that can be used to inspire meaningful conversations with youth.



Life Lesson Areas

- 1 Teamwork and Collaboration:** Sports teach the value of collaboration, cooperation, and working towards a common goal.
- 2 Discipline and Time Management:** Sports demand commitment, regular practice, and a structured schedule.
- 3 Perseverance and Resilience:** Sports teach teens to embrace challenges, push their limits, and bounce back from failures.
- 4 Leadership and Communication:** Being part of a sports team provides opportunities for teens to develop leadership skills.
- 5 Goal Setting and Achievement:** Sports encourage teens to pursue goals, whether it's improving their skills, winning a match, or breaking personal records.
- 6 Sportsmanship and Fair Play:** Teens discover the importance of sportsmanship, fair play, and respecting opponents.
- 7 Health and Well-being:** Engaging in physical activities promotes a healthy lifestyle and instills good habits in teenagers.
- 8 Perspective and Outlook:** In sports there are many ups and downs, often in the same game.