

Call #1 – Building Beyond the Game



The Champions Corner Journey

Introduction to Champions Corner

1. History of Champions Corner – 5 Minutes
2. About Us – 5 Minutes
2. Breakout Session – 15 Minutes
3. Group Reflection – 10 Minutes
4. Overtime – Open Discussion & Q&A



History of Champions Corner

- Support student-athletes in their transition from sports to real-world challenges.
- Help athletes apply lessons learned from athletics to broader areas of life: identity, personal growth, and professional goals.
- Hosting calls for 6 months, focusing on books, podcasts, life lessons, and featuring successful entrepreneurs as guest speakers.



About Us – Mission Statement

At Champions Corner, our mission is to empower student-athletes on their journey of growth and personal development by fostering a supportive community rooted in authenticity, respect, and curiosity. Together, we embrace challenges, climb out of comfort zones, and advance toward betterment, with a focus on consistency, discipline, and lifelong learning.



Core Themes of Conversation

- Life after sports
- Identity & self-discovery
- Personal growth & leadership
- Family, spirituality, & future planning
- Goal-setting & progress



Breakout Session Questions

- What has brought you here today?
- Where do you see yourself in 6 months? 5 years?
- What are some great daily habits you have that align with your short-term & long-term goals?

Challenge Questions

- What strengths have you developed through sports that you believe will serve you well in life?
- What personal challenge or area of life would you like more guidance or mentorship on right now?



Group Reflection

Time to share!



Group Reflection

- What has brought you here today?
- Where do you see yourself in 6 months? 5 years?
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Group Reflection

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“Overtime”



Open Discussion / Q&A

