

BE YOU. LEAD FROM THE HEART.
MAKE A DIFFERENCE.



The SHOW Up Experience

We all have more to give to our teams, our goals and ourselves. This program is a full recharge of leadership development for any group of students. The Show Up Experience (1 - 4 day retreat experience) is a fully engaging program that challenges groups to expand their comfort zones through personal awareness and responsibility, commitment, and finding the strength to overcome personal barriers. This is NOT a series of workshops, this is a continuous process where each and every activity is utilized as a builder for the next experience. No fluff, just effective.

This program is available in several formats ranging in length of 4 hours to four days. Speak with a Take Back College team member to understand how this will fit for you.

During this training you will discover:

- **What a true commitment to team looks like and feels like regardless of circumstance**
- **Full responsibility for your life, both the challenges and the opportunities**
- **An ability to advocate for yourself**
- **How to minimize doubt, hesitation and insecurity**
- **Accept and give feedback**
- **How to be present in your life and focused on your priorities**
- **Truly embrace the spirit of serving others**
- **Choose results over excuses**
- **An effective tool for measuring performance, progress and outcomes as an individual and as a team**

Each process within this training is designed for your maximum participation and completion so that you may gain the practical tools and experience you need to be successful within and beyond this course.

"I've seen students satisfied and feeling good after a retreat weekend, but nothing like this. This is a different sense of satisfaction, one where I know they really took it to heart. With all sincerity, I don't know how we could go to a different presenter after this; this was truly something unique that we've never had before."

Carl Grieg, Assistant Vice President of Student Affairs
TX A&M University at Texarkana

Noteable notes: Take Back College offers FULLY CUSTOMIZED Leadership curriculum, workshops and trainings. Not seeing what you need? Please inquire to learn how we can provide a program that meets your needs.



ENERGY IS EVERYTHING