



USING THE GAME OF BASKETBALL TO TEACH CRITICAL LIFE SKILLS TO YOUNG PEOPLE

Travis Garrison connects with athletes in open and honest conversations focused on the critical need to *Think First* when faced with life-defining choices throughout their athletic journey.

Social Media. Mental Health. Internal Pressures. Failure. Coaches & Parents Pressure. Performance anxiety. NILs. Rising crime rates after Covid for young people.

Student-athletes deal with a lot, on and off the court.

Invite Travis Garrison to speak with your team, or individual players, and give them extra support from someone who understands the hard realities that athletes face. Give them perspective, new tools, and a transparent conversation that only someone from the outside can give.



Travis Garrison is a Former Professional Basketball Player and McDonald's All-American who played at DeMatha High School, University of Maryland, and professionally for 12 years.

Invite Travis to Speak To Your:

- Competitive High School or Collegiate Teams
- Individual or Small Groups of Student-Athletes

Students Will:

- Hear from a former Professional Athlete about their real-life story: challenges, setbacks, and hard decisions
- Talk together about ways to handle anxiety, self-doubt, imposter syndrome, & self-sabotage
- Discuss pressures around drinking, partying, distractions, and social media
- Learn where and how to **Think First** about impactful choices

Availability is Limited

For pricing and reservations, please email Info@thinkfirstglobal.org