

Introduction

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Let me begin with a few questions.

Do you like sports?

Have you ever wondered how successful NFL coaches turn 53 highperforming athletes into a championship caliber team working toward the same goals?

In this era of Twitter and Snapchat, are you looking for ways to better communicate with your colleagues so that you can build and maintain lasting relationships that will spur your and your team's success?

If you answered yes to any of those questions, you've come to the right place. Our speaker today spent 24 years as a journalist covering professional sports for some of the largest media outlets in the world.

Most recently she spent seven years covering the National Football League for ESPN as an on-air reporter and analyst. She gave her unique perspective on SportsCenter, Outside The Lines, NFL Live, Pardon the Interruption and the Sports Reporters, among other ESPN shows. She also is an accomplished writer who worked for Sports Illustrated and The Philadelphia Inquirer.

When not working, she can be found losing touch football games to her 8-year-old son or trying to get her 5-year-old black Lab to quit barking.

Please join me in welcoming from Philadelphia, speaker, writer and cutter of her own grass:

Ashley Fox