

# Harness Your Potential

## Description:

This is a customized session to support the direct needs of participants. The theme will be centered around empowerment and encouraging participants to leverage their strengths and optimism when faced with challenges and uncertainty. As always, the audience will be asked to stay engaged and join the physical activities used throughout this session. Some popular topics in the past have been focused on team building, fitness, recess, technology, assessment, grant funding, comprehensive physical activity, and more.

## Outcomes:

- Participants will engage in discussions and activities to learn and grow as educators, leaders, and professionals.
- Participants will leave feeling empowered to harness their potential.

## About the Presenter

*Nicholas Kline is advocate for physical education and embraces the importance of remaining active for a lifetime. Nick is a National Board Certified Teacher and taught physical education for 10 years. Currently, he is an adjunct lecturer at SUNY Cortland. Nick is also a consultant under the name [Be the Hype](#), which supports both physical education and physical activity. As an OPEN National Trainer, Nick shares his passion and enthusiasm with others.*

