

Lesson 9 | Meeting & Greeting with A-L-R

Working with and **collaborating with others** is more enjoyable when everyone feels valued and important. At First Tee, our words and actions matter and how we treat one another has an impact. One way you can show consideration and care is by meeting and greeting others with kindness and **courtesy**. Greeting one another is a basic communication and social skill that is a combination of what you say and how you say it. It involves the tone and pitch of our voice, as well as our expressions and our body language. When you greet one another with this in mind, you make everyone feel welcomed and acknowledged.

Collaborating well with others starts with getting to know your peers. In this lesson, you are going to focus specifically on **First Tee's Five Steps for Meeting Someone New**, as well as important conversation and listening skills in the **Ask-Listen-Reflect & Respond (ALR)** model. When you ask open-ended questions and listen to understand, you can respond in thoughtful and respectful ways that help you learn more about others, understand, and build positive relationships with them.

Lesson 10 | Learn & Grow with Grit

The goal of any sport is to have fun and enjoy playing, and at First Tee, we want everyone to enjoy the game of golf! Sometimes learning a new lesson or skill can be challenging, whether you are on or off the golf course. You might feel frustrated or confused. You might even feel like quitting or giving up at times. This is when you want to have grit and dig deep! Having grit means you demonstrate a positive attitude that helps you push through obstacles and keep going even when it's tough. Sometimes, the most learning happens when you are facing challenges. You can choose to go through it with a negative attitude, or you can grow through it and learn by facing the obstacle with a positive mindset and demonstrating grit!

First Tee participants should remember these **Three Tips for Developing Grit**

1. **Be Patient**
2. **Be Positive**
3. **Ask for Help**

First Tee celebrates growing through challenges. It helps you discover your inner strength, develop resilience, and dig deep when things get tough. But while we are learning and growing, we want to remember to have fun along the way.

Lesson 11 | Staying Cool

You're about to take your shot. You pick your target, set up to the ball, swing your club, and you miss. What happens now? You want to have fun and do your best, and sometimes, in order to play your best, you have to choose how to respond when you face challenging or frustrating situations. The good news is that you're in control! How you choose to respond is up to you!

First Tee has a tip called the **4Rs** to help players use good judgment and stay cool on and off the golf course whether things go your way or not. In this lesson, you are going to focus specifically on the first 2Rs: **Relax and Replay**. When specifically applied to the game of golf, you can use these Rs to help you start to develop your post-shot routine, which is what you think, say, or do immediately after hitting the ball. All of our shots won't be perfect or even good, but you can remember a few tips to help you use good judgment and respond in a way that is helpful.

Using good judgment and showing emotional control will help you learn from what you do and work to do even better the next time you attempt it. In golf and in life, practice makes progress, and your progress depends on you!

Lesson 12 | Finding your Personal Par

How can you learn what you're capable of? The word capable means that you have the skill or power needed to accomplish something. At First Tee, you've been working hard to grow your skills on and off the course, and each day as you learn and grow, you are discovering what you are capable of, and what you are ready and able to do. You are uncovering your **personal par**.

First Tee encourages Game Changers like you to take a deeper look at your own performance - in golf, at home, and in school - to help you measure your own personal par. This is a tool which will allow you to appreciate your own abilities and achievements, instead of comparing yourself to what others are achieving. If you can determine where you are now, you can work hard to repeat your best performances on and off the course, and even improve your personal par! As you discover what you're capable of, your confidence will grow. You'll believe in yourself, trust in yourself, and feel empowered to face new challenges head on!

Lesson 13 | Dreams & Goals

Do you have big dreams? Are there things you wish you could achieve? What would you do if you knew you couldn't fail? No matter what age you are, it is never too early to begin to dream about what you want to accomplish in life. Unfortunately, there is no magic wand or secret formula to help you achieve your dreams. Dreams become reality through hard work and many little steps called goals that lead you to where you want to be.

Goals are a strategy that you can use in life to help you work toward achieving your dreams. There are short-term goals – goals that do not take a long time to accomplish, but help you take small steps and build your confidence. And there are long-term goals – goals that are not accomplished right away and require many short-term goals and steps to reach them.

The important thing to remember about dreams and goals is that they take time. With motivation and hard work, as well as patience and persistence, you will grow and learn along the way from **Pursuing Goals** from both the things you accomplish and achieve as well as from your setbacks and failures. First Tee is excited to support you as you learn and grow, and as you set and pursue your dreams and goals.

Lesson 14 | Appreciating & Valuing Diversity

First Tee believes that you can change the game and change the world by simply being the best version of yourself. One way that you can be your best self is by **Collaborating with Others** and valuing those who might be different from you. People differ in many ways, from the way they look to the way they speak, or even the beliefs they hold. Every person has their own strengths and weaknesses, personal thoughts, and attitudes. Respecting other perspectives, even when they differ from yours, is one way that you can **appreciate and value diversity** - or differences - on and off the golf course.

Wouldn't the world be boring if everyone was the same? What makes us unique are our differences! Teams are stronger when they consist of individuals with different talents and abilities. When we recognize our differences as strengths, we can appreciate and show kindness, consideration, and care as we learn to work together and learn from others on and off the course.