

• **Being a go to person – Building a go to team**

- As you pursue your goals and learn to work through challenges, you will undoubtedly need the support of other people in your life from time to time. Everyone can use some support and knowing who to turn to and who you can rely on is important. At First Tee, we call these people your Go-To Team. These are individuals in your life who can:
 - •Provide encouragement or reinforcement• Be there to listen• Show you how to do a particular skill• Help you make a decision• Provide you with helpful information or resources• Help you stay focused• Help resolve a conflict• Point you to other people who might be able to help
- You also have the opportunity to be a Go-To Person, someone that others can rely on to be supportive when they are facing a problem or feeling frustrated, unhappy, or concerned about something. While you are not an expert or a professional, you can absolutely help your friends and classmates by giving advice and support. We call this peer helping. You don't have to know everything or be perfect to be a Go-To Person, but you do need to:
 - •Respect other people •Really listen to what they are saying •Be able to feel what others are feeling •See the other person's point of view and understand the problem or challenge •Be willing to help them look for solutions •Be honest with themIt's important to have people around us who will help us make good decisions and use good judgment.
- It's also important to be a person others can turn to for support and feedback. Find your Go-To Team and be willing to be a Go-To Person!

GOLF SKILL QUESTIONS

- **What are the three golf skills you focused on today?**
 - Putting, Chipping, Pitching, Full Swing
- **What area did you focus on with the three golf skills?**
 - Body Balance/Balanced Start
- **What is one skill you learned that you did not know before? How does this skill help your golf game?**
- **Follow Up Questions:**
 - **Why is it important to have a Go To Team?**
 - **How can a Go To Team help you use good judgment?**
 - **What are some qualities you look for in a good Go To Team?**
 - **What can you learn or gain from asking for help?**

Do you have another parent/guardian that would like to receive text message updates from First Tee – Manhattan?

[CLICK HERE TO ADD THEM TO OUR TEXT LIST!](#)