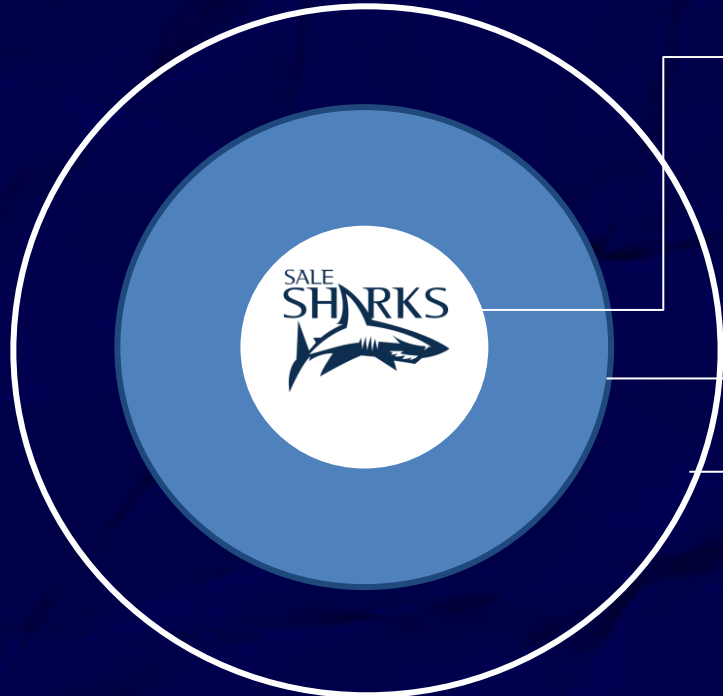


# Development Framework 2: 3 P's - The Person, The Professional & The Player

## Characteristics, Behaviours & Skills for a Shark



### **The Person -**

Character traits & Identity/DNA of a Shark  
- What kind of people do we want to be? Who do we want in our dressing room?

### **The Professional -**

Habits & Behaviours - How do we approach training, preparation & recovery? Consolidate learning?

### **The Player -**

Skills & abilities - Can we manage emotions? Perform under pressure? Focus when it really matters?

# DELIVERY (OUTLINE)

