

Everyday is Game Day. . .

You get to determine whether you win or lose.

Let the Games begin!

Carlette empowers you to embrace change and win in life!

Carlette Patterson



- CEO of Patterson Sports Ventures
- 30+ years of senior leadership in amateur, collegiate, and professional sports organizations
- Creator of Personal, Professional, and Philanthropic Development Brands:
 - CHAMP10N Sports Life Coaching and Certification®
 - Champion Wellbeing®
 - Chief Wellbeing Officers and Certification®
 - MeQ®
 - Life Training Academy
 - Sports Philanthropy League®
 - 10 Talks Podcast

Speaking Topics:

POWER OF TEAM 4 COMPETITIVE GREATNESS

Great People, Great Performance

CHANGE 2 WIN

Align Passion and Purpose
2 Create Powerful Results

WIN WELLBEING

Live 3D: Personally 4 Significance; Professionally 4
Success; Philanthropically 4 Service

FROM BOSS 2 COACH

Teach. Coach. Train.

W.I.N. LIFE - CHOOSE GREATNESS

Wellbeing
Intentional Decision Making
New Winning Strategies

"Carlette's energy is unparalleled. In fact, she literally lights up the room with her presence. Her years spent in highly competitive athletic training has made her disciplined and direct, she will take you to places you never thought possible. Carlette's sense of humor is endless, her warmth, genuine honesty and character reveal a woman who has been through the process of building and rebuilding a life worth living. She is a woman who has truly found her North Star. I am honored to have worked with Carlette and recommend her as your personal Life Coach to help you find your North Star."

– Dr. Martha Beck, New York Times best selling author, an innovator in life coaching, and a monthly columnist at O: The Oprah Magazine

For more information: www.championwellbeing.com
602.361.4555