

Welcome

In your small groups, share which Olympic athlete resonates with you today.

Seeking balance



Simone Biles

Acknowledging stress to support yourself and team

Picking myself up



Sifan Hassan, Ethiopia
Long distance runner

Won gold after falling during the prelim heat

Leaning on your team



USA Women's Volleyball

Despite injuries to key players, team won its first ever gold

Learning from setbacks



USA Men's Basketball

After losing first two games, went undefeated to win gold