



Stop The Drama! The ultimate guide to female teams

Doc Robyn Odegaard

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Every female athlete, her coaches, parents, teachers, and administrators will find Stop The Drama! invaluable as they navigate the stormy waters of team conflict and strive to reach their full potential, on and off the field, and beyond: We are failing young women by not providing them the skills they need to deal with conflict in a productive way. They aren't taught the communication skills needed to have tough conversations, work through issues, and move on. They aren't held accountable to owning their feelings and speaking directly to the person with whom they have an issue. Sadly, the negative communication of cattiness and drama is encouraged and glorified on reality TV. This doesn't serve women well in college and it isn't doing them any favors in the corporate world. Young women need a new set of communication skills to transform the way they handle conflict. To break the cycle of using drama to deal with conflict, young women need to understand the process of developing a team communication fingerprint, addressing existing issues, agreeing on how to work through problems in the future and how to hold each other accountable (to not use gossip, backstabbing, and catty behavior). It isn't easy, but it is possible. In this book, you are going to find tips, ideas, and thought-starters to help you do just that: Stop The Drama!

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