



## TOTALCOURAGE GOES TO THE GREAT WHITE NORTH!



During the Canadian Football League playoffs **TotalCourage** was invited to spend an entire weekend with the Hamilton Tiger-Cats professional football team.

Our Executive Director, Colonel (Retired) Dee Daugherty, speaks to the athletes about the value of resilience and endurance. Dee hammered home the importance of mental toughness, communication and selflessness in the face of adversity.



The Hamilton Tiger-Cats are a world class organization and their head coach, June Jones, believes that winning starts with individual character. Dee emphasized that in order to be champions everyone must be prepared to assume a leadership role.

