



GPS Lifestyle Personal Development Training

One-on-One Personal Development Training

Many times people prefer a more personal approach to developing themselves. Together, you and Anthony will prepare a personalized plan to help you achieve your goals utilizing a step-by-step process. Figure out what's stopping you from moving forward. Take control of your life and reach your full potential. Can be done over the phone or in person.

Team / Group Personal Development Training

As a coach, it can be hard to get through to your team. Many times you're the only voice of reason they hear. It often helps to bring in a trainer from outside your organization to add a new twist to your training methods. Break through the complacency that can occasionally overtake even the best teams. Work with Anthony to deliver a message so powerful that players will want to run through walls for their teammates, and inject new life into your coaching.

Organization / Company Personal Development Training

The biggest reason companies fail is not because their employees lack skills. It's often because those individuals aren't happy in their jobs. Whether you're the employer or the employee, learning new personal development skills can ramp up your enjoyment of life and work, and re-engage you with everything you do. Let Anthony show you how.

GPS Lifestyle Sports Programs

GPS Lifestyle Basketball Training Clinics

These clinics are unlike anything you've ever experienced. Typically, there are Personal Development seminars, Basketball Skills clinics, or Speed, Agility and Quickness training. We break the mold and combine all three in an intense, mind, body and skills boot camp.

GPS Lifestyle Speed, Agility and Quickness Training

SAQ training is vital for any serious athlete. Don't let the basics slide! Learn to reduce the risk of non-contact injuries—one of the most common kind in sports—by learning proper body mechanics and movement patterns.

