# *How Can The Black Athlete Author Anita DeFrantz Assist in Motivating Teams?*

The job of a motivational speaker is not as easy as many thinks. Moreover, motivating a sports team who're facing their low times is an extremely difficult task. Many famous sports personalities have tried their hands on this process nevertheless they failed. However, Anita DeFrantz is one such athlete that has been inspiring a large number of sports teams for a. The topics of speech chosen by this US women's rowing team's captain is incredible.

Anita is a celebrity speaker who has touched the lives of a large number of athletes once and for all. Her words are impactful yet polite and so they strike the perfect chord using the listener. She's got taught many athletes content successful in their category and how they can are a team. Here are some popular topics Anita speaks on while speaking for a sports team:

Enhancing personal skills while keeping focused on teamwork

Taking care of personal skills and focusing on teamwork at the same time is a very tough process. But Anita DeFrantz might help one with the easiest method for it. She was the captain of america women's rowing team and possesses brought home a bronze medal in the Olympic Games. As all know that rowing can be a sport that needs top-notch teamwork. Therefore, Anita's knowledge in this topic can not be doubted for an instance and that is why people would rather hire Olympic champion speaker.

Taking each day seriously

A sportsperson doesn't have holiday as a day-off means going a step back in the skill development process. Athletes need to keep their practice sessions on for Twelve months in a year if they want to succeed in this domain. They cannot afford to take a day lightly and should focus on the long-term goal effectively. Anita DeFrantz assists her audience view the importance of daily in a sportsperson's life through her perfectly-chosen words. Her speech has motivated players immensely understanding that could be seen in their following performances.

Anita DeFrantz has been known as the famous black athlete author and her book 'My Olympic Life: A Memoir' is highly inspiring. Several sports associations around the world have invited her because the chief speaker on various occasions.