



**canfitpro™** | **EAST**

May 25 - 26, 2019  
HALIFAX, NS

**Lead to Succeed:  
The Top 10 Tips to  
Maximize Your  
Mentorship and  
Resilience Skills™  
with SGT Ken®**

3005  
Saturday, May 25, 2019  
8:30AM - 10:00AM

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# LEAD TO SUCCEED:

## The Top 10 Tips to Maximize Your Mentorship and Resilience Skills™ with SGT Ken®

### Summary

Everyone requires role models and guidance in order to be successful in any field. You may have dismissed the idea of becoming a mentor in the past because you thought that it would not be worth the time and energy you would have put into the relationship. It is time to put that kind of thinking behind you. A mentor affects the personal and professional life of an individual by fostering insight, identifying needed knowledge, and expanding opportunities. Use *SGT Ken's Top 10 Mentoring Tips* to discover how to provide exceptional learning experiences, insight and perspective, and to build rewarding relationships that will last a lifetime. Live to lead and *Lead to Succeed!*

1. **CONNECTION** – Connect for effect. Stimulate Social Fitness in order to establish an extraordinary experience. Create a fitness community that fosters a flourishing way of life. All relationships begin with connection.
2. **IMPACT** – When you impact someone, you create a change of heart. Impact leads to influence, and influence leads to a movement. What is your WHY? Start each day by asking yourself, “How can I intentionally add value to the lives of others? How can I help them reach success?” People don’t care how much you know, until they know how much you care.
3. **PROCESS** – Practice good business basics in order to provide safe and superior service. Process leads to accountability, accountability leads to retention, retention fosters relationship.
4. **NAVIGATE** – Create a Mission Statement that reflects your vision, your purpose in life. Guide your life through the following formula: tasks + goals = vision. Place all tasks and goals in a 30-year master calendar. Perform discovery, documentation, development and delivery efforts in order to navigate your life toward personal and professional success.
5. **RAPPORT** – Cultivate a climate of clarity in what you do every day. It takes intentional living in order to be present and to build rapport. Promote positive reinforcement, such as maintaining a Victory Wall for the team.
6. **EMPOWERMENT** – Be a coach, not a trainer. Practice the Coach/Athlete Connection daily in order to encourage empowerment.
7. **SACRIFICE** – Don’t fall into Destination Disease. A good leader must give up, to go up. What you go through, you grow through.
8. **TIMING** – Build trust through timing. Track your team member’s goals. Align your programming to meet the needs of your team members.
9. **LEGACY** – Build a legacy. You cannot do it alone. Find your support system. A legacy is not what you leave for someone, it is what you leave in someone.
10. **HAVE FAITH** – Faith is the confidence that what we hope for will actually happen. It gives us assurance about things we cannot see. Never give up on your mission to change lives. Don’t just make a living, make a difference.

