

canfitpro / 2022

GLOBAL CONFERENCE
& TRADE SHOW

AUGUST 10-14, 2022

GoodLife FITNESS EXCLUSIVE SESSIONS



ONLINE

Friday, August 12

 8:00-9:30am EST

 Presented by: Kylie Gates

BEST VERSION OF YOU!

Join Kylie Gates on a journey of self-discovery to explore stepping up into the best version of you. During the session Kylie will explore what her personal approach to the best version of you in this world looks and feels like. These learnings and practices can then be used to help you discover the answers you want are within you - you are resourceful and full of potential.



Friday, August 12

 1:30-3:00pm EST

 Presented by: Jason Sheridan and Carrie Kepple

GoodLife's Belief that Fitness is More Than a Workout

GoodLife believes fitness should be something we do because it feels good. Our ambition is to show everyone how good fitness can feel – physically, emotionally, and mentally – so that we want to do it instead of having to do it. By achieving this we can help everyone, no matter who they are, discover what form of fitness feels good to them, and shift their mindset toward the feel-good feelings that come with exercise. In this session, Jason Sheridan, Chief Operating Officer of GoodLife Fitness, and guest industry entrepreneur, Carrie Kepple, will discuss the skills and mindsets that fitness leaders of the future must possess to be successful in leading more people toward a habit of fitness as part of a desired lifestyle.

Saturday, August 13

 1:00-3:30pm EST

 Facilitated by: Stephanie Dupuis. With Michele Colwell, Eric Dip, Kristen Stewart

Periodizing your Career in Personal Training: Exploring 3 Paths to a Fulfilling Long Term Career in the Industry

As personal trainers we are constantly putting in time into periodizing programs for our clients. However, how often do we take the time to periodize our own career? This workshop is about you and your career development: we are going to cover 3 amazing career paths and then discuss how we can reverse engineer our way to the top. Whether your goal is to be a top level trainer, an educator or a manager, we will have some of the best people in our company share what's worked well for them and also discuss how to achieve that success in 2022 and beyond.



MEET YOUR PRESENTERS



Michele Colwell

Michele is a Senior Vice President of Operations for GoodLife Fitness Clubs. She has been in the fitness industry for over 30 years, starting out

at the Club level in 1988 and working in many of the different positions at GoodLife since then. Even though she is busy with Operations, Michele still ensures that she keeps up her Personal Training certifications and conferences every year. She was instrumental in creating the largest and most profitable Personal Training business in Canada today.



Eric Dipp

Eric is a Fitness Manager and Level 6 Personal Trainer who has been successful in the fitness industry for over 8 years. He has a background in competitive

powerlifting, and has a new-found passion for Olympic weightlifting. Eric loves helping and impacting the lives of those around him and believes that he has found his calling through coaching and training.



Stephanie Dupuis

Stephanie is the Vice President of Personal Training and Nutrition at the GoodLife Fitness Clubs. She began her career in fitness while in university

completing her degree in mathematics in 1994 in Windsor, Ontario. Stephanie quickly realized her passion for helping others to adopt fitness and health into their lives and launched her Personal Training career. For 28 years, Stephanie has been a leader in many areas of the Fitness and Personal Training industry and lives what she breathes, still working with a Personal Trainer herself. Stephanie loves to explore all avenues of fitness and has used fitness to overcome injuries and physical setbacks. She is an avid runner competing in half marathons and 10 km races regularly, and has recently uncovered her passion for Olympic lifting. She is a firm believer that strength and resistance training empowers women from all walks of life- building their confidence and allowing them to be the best version of themselves.



Kylie Gates

Kylie has been involved in the Fitness Industry for 30 years. She is based in New Zealand and works as a Creative Director for Les Mills International.

Through her 25 years with Les Mills and many roles in the company, she has recognised her passion is helping coach individuals to achieve their full potential. She does this through coaching star presenters for Global Masterclass Filming to teaching consumers in our clubs every day. Her mission is to influence and touch as many people as possible.



Carrie Kepple

Carrie Kepple-Styles is an executive leader in the fitness industry for nearly 2 decades with global experience operating and now also owning health

clubs and studios. She is presently the Chair of the IHRSA Board of Directors and resides in Illinois with her wife Amy and 4-year-old son where they opened their first pilot site for a new club model – Styles Studios Fitness.



Jason Sheridan

As Senior Vice President of Operations, Jason Sheridan oversees strategy, sales and operations for GoodLife Fitness Clubs across Canada. Through research,

innovation and creative thinking, he is constantly developing the company's sales culture and practices, ensuring GoodLife's Members receive the best experience possible and GoodLife's Associates have fulfilling careers.



Kristen Stewart

Kristen has worked in the fitness industry since 2011 and is a Level 6 Personal Trainer. After working as a Personal Training Education Specialist

and GLPTI Instructor, she developed a passion for developing and growing personal trainers' knowledge. Kristen took on the role of Fitness Manager in her club in 2019. Kristen is also a competitive Olympic Weightlifter at the international level and continues to share her passion for the sport by educating many others on Olympic Weightlifting.