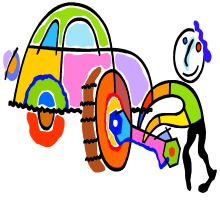


## OCTOBER LEADERSHIP TRAINING- VISION AND STRATEGY



Remember you are the “life saver” of your chapter. How about this month, getting your “pit crew” on board and try to come up with some new and exciting visions for where your chapter wants to go in the future with TOPS.

Remember last month we gave you the “Mission Statement” for TOPS. How can you use that statement to create ideas for future meetings in your chapter?

Laugh a little/break the ice! You as “life saver” can set the stage for CHANGE!

How will you and your “pit crew” do to inspire others to follow on this “Road to Success.”

Is your chapter perfect? No, none of us or our chapters are! How can we change the attitudes of our members to have **NO MORE EXCUSES! HAVE EVERYONE LOSE! LOSE WEIGHT! FEEL GREAT! HAVE A BETTER LIFE!**

So how can you and your crew help the members create a better TOPS chapter and succeed in losing weight?

Leaders: Do you have a road map to help you guide your members? Look at your current meeting and then see where you want to lead your members to have a “winning” chapter. Try “day dreaming”, envisioning your “new” chapter.

Maybe start the meeting with a joke instead of at the end. Give out more awards, recognition. Our



chapters can be fun, motivating! **How can you get all your members participating? Share all your ideas!**

Remember TOPS Mission Statement; Leave your Bad Attitude at the Door; Smile and above all Have Fun. Who says losing weight has to be serious? You can inject lots of fun ideas and still lose weight while having fun!!!

Identify your current chapter and your vision for the future; figure out a way to bridge the gap between the old and the new; brainstorm with the members; collect the ideas; summarize it all and submit to me.

Here are a few questions for you to answer to help you on your way as the “Life Saver” of your chapter.

- + What part will YOU play in the journey to Success?
- + How will YOU inspire others to follow you on this road?

- ✚ **What are your chapter's strengths and weaknesses?**
- ✚ **What would you like to see change in your chapter to help our members?**
- ✚ **Who will be on your team? How will you collect ideas from them?**
- ✚ **What are the ideas?**
- ✚ **What are the advantages and disadvantages of these ideas?**
- ✚ **Summarize your findings and submit to your Coordinator?**

**Maybe then, we can summarize all of the ideas and share throughout the state and make Arkansas one of the best TOPS chapters in the country.**



**ABOVE ALL REMEMBER HAVE FUN**