

## SEPTEMBER LEADERSHIP TRAINING

Well here it is time for the September leadership training session.

Hope you enjoyed the 1<sup>st</sup> segment and found some interesting things in it to discuss with your chapter.

This one is titled “Mission and Strategy”

I touched on this briefly in the August letter telling what the TOPS Mission statement is. Did you make a copy of it? Did you hand it out to your members? If not, maybe this month would be the time to do it and Ask for the first person that can tell you what the statement is, give them a little prize then hand out a business card or a piece of paper to each member with the Mission statement on it.

But more importantly, from this point on I will not be referring to you as a Leader. Surprised!! Well in my book, you are not the leader you



are the **“Life Saver”** .

How does that sound? Well you are, you know. With your courage, understanding, caring and all the tools that TOPS has available to you and your members, you are the Life Saver of your chapter.



Are you ready to step up to “home plate”? Sure you are. You can help spread the word about TOPS. You know how to keep your current members, get new ones in your chapter and most of all you know how to “inspire. You just need a little help in the beginning to guide you along the way.

**This month we are going to talk about “SWOT” Know what that stands for?**

**S – Strengths – Example – What are your personal strengths and/or your chapters concerning weight loss and motivation. Attending meetings/what else?**

**W – Weaknesses – What do you think your personal or chapter weaknesses are and how can you help change them?**


**O – Opportunities - What opportunities does TOPS offer you as “Life Saver” of your chapter?**

**T – Threats. – The “bad” choices that you make concerning food. What are some of them that you feel you can’t or won’t give up?**

**The above is just guidelines to help you get started.**

**I am attaching a blank page that you and your members can do as a group to figure out where you stand as a chapter and how to improve the areas that you might feel weak in.**



**You know that saying  Monkey see, monkey do; well you might try showing your members different ways of doing the same thing you have always done but in a different way.**



**It’s September and back to school time, so maybe you can have some school projects to promote weight loss and enthusiasm in your chapter.**

**Let me know how you are enjoying these leadership skills and if the field staff can help, please let us know.**

**October will be on “Vision and Strategy” in your chapter. Don’t miss out on learning more and more.**