

What is a chapter "New Member" Coach?



Greets a new member at their first meeting.

Introduces a new member to other members. Make them feel welcome.

Sits with new member during first meeting and explains what is happening during the meeting to new member.

Makes sure that the new member receives a New Member Packet that includes a My Day One, chapter information, member list with contact information and other relevant items.

Explains what TOPS can offer the new member, including accountability of weekly weigh ins, support, contests, recognition and weekly educational programs.

Shows the new member the Real Life Guide that can be ordered when they join.

This is Vital, since this is why they joined: Discusses with the new member how they can lose weight in TOPS: TOPS eating plan in the Real Life Guide (American Diabetes eating plan), their physician's eating plan or the reduced portion size/healthy choices approach.

Encourage new members to set realistic goals for weight loss, such a 4 pounds a month, that are reasonable and attainable.

Don't forget the new member after their first meeting. A new member's critical time is the first two months and they may need guidance and assurance (support).

An assistant New Member Coach is recommended in case the Coach is unable to attend a meeting. The Co-Leader may fill this role if desired.

If a visitor to your chapter does not join at the meeting, please do not give them a new member packet to take with them. The new member packet is for someone who joins your group. You should give them a brochure to take with them with your contact information or Field Staff.

Please let me know who your coaches are so they may be recognized at our Leadership Training.

Chapter KS _____, _____
Our New Member Coach is _____
Our Assistant Coach is _____

Mail to:
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