

Take Off Pounds Sensibly

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LEADERSHIP SKILLS TRAINING



Lesson 1-3

Lesson 1. Introduction to Leadership Skills... *Guide...Direct...Influence*
Leadership is defined as the ability to guide, direct or influence people.



Lesson 2. Mission & Strategy... *We are all in the Life-saving business.*
Our mission is "to support our members as they take and keep off pounds sensibly."



Lesson 3. Vision & Strategy... *Shoot for the stars*
Leaders need to know where they are going in order to inspire others to follow them. To be a successful guide, you need a road map.
Training will be held at each fun day over the next year and half.



CHAPTER VISITS

8/2 TOPS #OK576, Drumright
8/4 TOPS #OK142, Pryor
8/11 TOPS #OK 135, Sand Springs
8/22 TOPS #OK 504, Sapulpa
8/23 TOPS #OK694, Pryor
8/29 TOPS #OK506, Miami

FUN DAY

Back to School is the theme for our 2nd quarter (April-June) fun day. TOPS #OK451, Claremore is hosting this event, on Saturday, August 13th at the Claremore Roger's County Building. There will be a BINGO game starting at 8:50-9:50am. Lunch will consist of homemade chicken salad sandwich, veggies & dip, fresh fruit, dessert, tea, crystal light and bottled water. **Back To School Fashion Contest.** Dress in your favorite type students. For example: nerds, geeks, cheerleader, jocks outcasts Goth, cool guy, cowboy/western, band kid, many variations of above or come up with your own. Prizes will be given for best overall, 1st, 2nd and 3rd place.

FUTURE FUN DAYS

Saturday, October 15th, TOPS #OK648, Wagoner will be hosting the next fun day in Wagoner.

FUN DAY HOSTS

If your chapter would like to host a fun day in 2012, please let me know. Also, if you are wanting to know more about hosting a fun day, just ask. I have 2 slots left for 2012 (June and August).

TOPS #OK570, Miami has announced it will be hosting a Fun Day on March 17th.

TOPS #OK667, Owasso will host one in October.

I am here to help your Fun Day be a success.

TOPS NORTHEAST OKLAHOMA

I want to recognize each of you:

OK #065, Tulsa

OK #074, Broken Arrow

OK #135, Sand Springs

OK #142, Pryor

OK #295, Tulsa

OK #298, Collinsville

OK #409, Tahlequah

OK #440, Grove

OK #451, Claremore

OK #477, Bixby

OK #486, Tulsa

OK #493, Claremore

OK #506, Miami

OK #548, Chelsea

OK #567, Nowata

OK #570, Miami

OK #610, Tahlequah

OK #633, Broken Arrow

OK #646, Broken Arrow

OK #667, Owasso

OK #690, Vinita

OK #694, Pryor

OK #709, Tulsa

Northeast Oklahoma... YOU ROCK!!!



Be wise as you Take and
Keep Off Pounds Sensibly.

Losing together a pound at a time.

~Kathy