

Take Off Pounds Sensibly

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LEADERSHIP SKILLS TRAINING



Lesson 6

The Team... *There is no "I" in team... but "I"ndividuals must commit to group effort.*

A team is usually defined as a group of people who work together toward a common goal. Some teams are highly successful while others are not. Putting together a successful team is not a matter of luck, but of careful planning and hard work, and although you may not be able to select the team you are on, it's important to understand the basics of team dynamics in order to lead a team to success!

TOPS WALK

Saturday, November 12th at 9am, I am hosting a TOPS walk in Owasso at the Centennial Park on 86th St N. There are many trails to choose from. Please wear your TOPS T-shirt for a group picture. Water will be provided.



October News

FUN DAY

Falling Into the Holidays (Fall, Thanksgiving, Christmas) is the theme for our 3rd Quarter (July-September) Fun Day to be held on Saturday, October 15th. TOPS #OK648 Wagoner will be hosting the event at Church of God in the Murphy Center, 115 S. State St. in Wagoner.

There is a **contest** for **Best Vintage Apron**, and **Best Holiday Apron**.

Lunch will consist of Haystacks (hamburger meat, rice, crackers, shredded cheese, tomatoes, lettuce, onions), dessert & drinks will be provided.

CHAPTER VISITS

10/3 TOPS OK#633, Broken Arrow

10/20 TOPS OK#567, Nowata



Don't trick yourself into thinking you can have or deserve those treats.



LEADERS CORNER

Leaders, at the beginning of each month, get with your treasurer and make sure members are caught up on their monthly membership and monthly chapter dues. This will help your chapter, save time, and keeps everyone up-to-date.

THE 10 COMMANDMENTS OF WEIGHT LOSS

1. *Thou shall not diet. Thou shall make a lifestyle change.*
2. *Thou shall develop a healthy food plan- in spite of what others are eating.*
3. *Thou shall cope with cravings- even when no-one is looking.*
4. *Thou shall exercise- sit and you won't be fit!*
5. *Thou shall set reasonable goals- praying for vertical growth will not be considered reasonable.*
6. *Thou shall record food intake and exercise.*
7. *Thou shall manage emotional eating- looking for lettuce- filled bon bons will not keep you on track.*
8. *Thou shall develop techniques to deal with stress- without a truckload of Valium.*
9. *Thou shall seek social support.*
10. *Thou shall avoid the attitude trap- put your mind over platter!*

OPEN HOUSE

I challenge you to an Open House. Make it fun and interesting by having a Halloween/Fall theme. This is a great time of year to get the word out and invite people, put your notice in the local newspaper.

FUN DAYS

Our next Fun Day is set for March 17th, 2012 with TOPS OK#570, Miami hosting in Miami.

We also have Fun Days in June and October. We are still in need of a chapter to host one in August.



Have a Booferrific month!

Losing together a pound at a time.

~Kathy