



Session #557

Five Fundamentals of Successful Health & Fitness Professionals **Presented by:** Jason Stella

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“I believe in the basics: attention to, and perfection of, tiny details that might be commonly overlooked. They may seem trivial, perhaps even laughable to those who don’t understand, but they aren’t. They are the difference between champions and near champions.” John Wooden

Overview: With over 25 years working as, and with thousands of PT's, I have found the 5 Fundamentals that the most successful have in common. We will explain them, individually assess them and set up a specific development plan to achieve a highly successful & life-long career as a health & fitness professional

Moving from Potential to Professional

- Difference lies
 - _____
 - _____
 - _____
 - _____
 - _____

The Five Fundamentals

1. _____
2. _____
3. _____
4. _____
5. _____

Assessing Yourself - Skill vs. Will?

- **Competence** - Demonstrating goal or task specific knowledge & skills that transfer to achieve your goals
- **Commitment** - Motivation & confidence to consistently perform the goal or task

Must assess both to the highest standard!

Standards & Self Assessment

Five Fundamentals	Competency		Commitment		Standards
Purpose	Yes	No	Yes	No	
Vision	Yes	No	Yes	No	
Business Plan	Yes	No	Yes	No	
Organization	Yes	No	Yes	No	
Attaining & Retaining Client	Yes	No	Yes	No	
Personal Development	Yes	No	Yes	No	

Notes

Employment



Podcast



Social Media

