

# BLAZE YOUR TRAIL

## WOMEN IN LEADERSHIP

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Description: Women are an essential driving force in the fitness industry and are often forced to overcome unique challenges on their way to the top. Learn how two entrepreneurs defied the odds and created successful nationwide businesses. Lisa Druxman, MA, from FIT4MOM and Jessica Maurer from JHM Fitness will share their entrepreneurial journey, lessons and learnings. They will provide strategies to reduce the learning curve to help you see success and become the leader you were always meant to be.

### **LEADERSHIP**

What is leadership to you:

In what areas of leadership are you strong?

What areas of leadership do you need to improve?

### **CHARACTERISTICS OF LEADERSHIP**

What is your Why?

What are your Values, Vision, Strategy?

How can you improve your focus?

How could you better handle adversity in your leadership role?

What is one way you can improve your communication skills?

What growth and development could you begin to offer your team?

Do you have the right team members in the right seats to delegate more tasks to your team?

What part of CARE should you put more emphasis on for the rest of the year?

What system are you going to develop and use to strengthen your business?

How are you going to find more clarity this year?