

Fun

Inspirational

Talk Sessions



Led by FitnessWorks Member Karen S. Robert, M.A.

F.un I.nspirational T.alk Sessions, are a wonderful way for you to explore, share, and talk about meeting your challenges during your **COMMIT TO GET FIT** experience. Sometimes it can be an issue of what you are doing to staying motivated, or focused, or setting priorities. Or it could be simply trying to find the time to exercise, or face your fears - whatever that might look like to you. Whatever it is, give yourself this special time to be with other members where you can receive tremendous understanding, support and encouragement from others facing similar issues. It will also be a chance for you to gain different perspectives, ideas and viewpoints on those issues.

Week 1 – Getting Started

Week 2 – Put Yourself First

Week 3 – Steps to Setting Smart Priorities

Week 4 – Facing Our Deepest Fear.... Success

Week 5 – “What We Think, We Become.” – Buddha – Am I becoming what I Want?

Week 6 – Choosing the goal and sticking to it changes everything. I’m half way there? Am I still on track?

Week 7 – How good is my time management?

Week 8 – Are my feelings about myself holding me back?

Week 9 – Prescription for Happiness

Week 10 – What is the Life I want to Live?

Week 11 – How is my Image of Myself Reflecting Back on Me?

Week 12 – I’m Here! Let’s Evaluate! I’ve Reached My Destination, but... the Journey Continues!

About Karen...

For the past few years, she has been a Live-Now Leadership Life Coach providing private consultations and workshops that teach individuals, groups and families how to program their life for success.

As a retired faculty emeritus college instructor and program coordinator, Karen taught Leadership and Peer Counseling courses at Cuesta College for 17 years, and has over 23 years experience in community college teaching and management. In

her role at Cuesta College, she was responsible for coordination and supervision of a variety of student centered programs; the student center facility; advising student government; overseeing the service learning and peer counseling program; the academic certificate programs in Service Leadership and Leadership Studies. She facilitates and coordinates groups through the Morro Bay Book Discussion Group in partnership with the Morro Bay Library on a weekly

basis. Karen has a Masters of Arts in Education with major emphasis in Organizational Leadership – Pepperdine University; Certificate in Management Development from Harvard University and a Bachelor of Science in Business Administration – University of Phoenix. She also has professional training and Certificates in Success Strategies for College and Life; Compassionate Communication; Conflict Resolution & Mediation Skills; and, Facilitating Skills for Enhancing Self-Esteem. She

wrote “Opening Doors to College Success” which was published by Kendall/Hunt.

Karen is a 2010 “graduate” of the **COMMIT TO GET FIT CHALLENGE** program, and since joining FitnessWorks in December 2009 she has lost and kept off 33 pounds.

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Realize your true potential