



# Maximize Your Potential: A Journey to Empowerment

Chris Stevenson, CSCS

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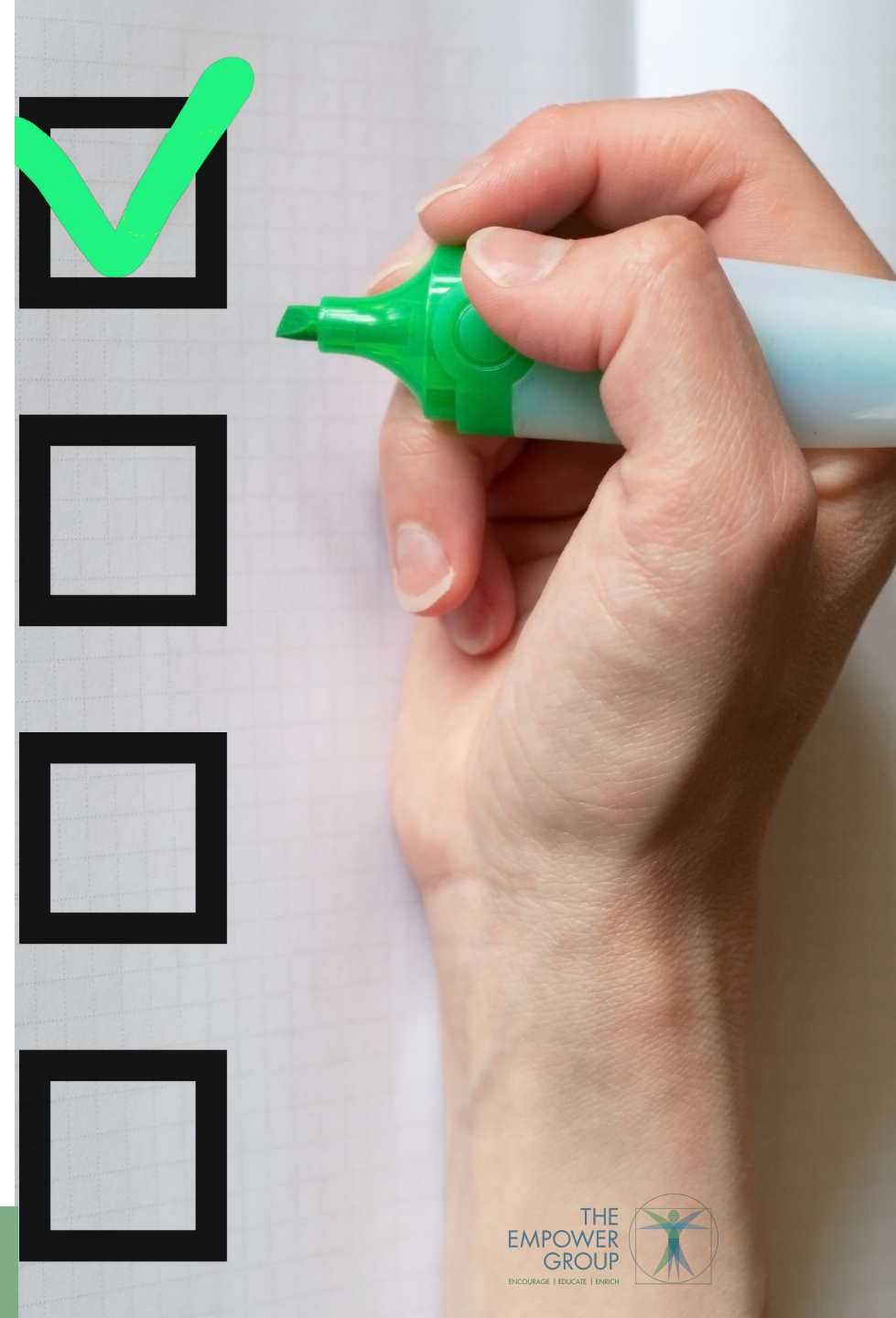
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# Objectives

- Tell you a little about myself.
- Examine the stages of skill development.
- Discuss keys for maximizing potential.
- Create an action plan.
- Q&A





Everybody has a plan  
until they get punched  
in the mouth. - *Mike Tyson*





# Take Action!



# About Me

- 20+ years in the fitness industry
- Health club and studio owner & operator
- Board and committee member
- Author and journalist
- International presenter
- The Empower Group









# Follow Us



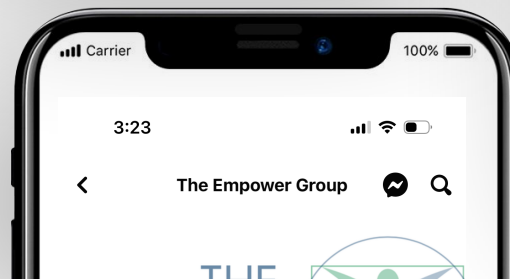
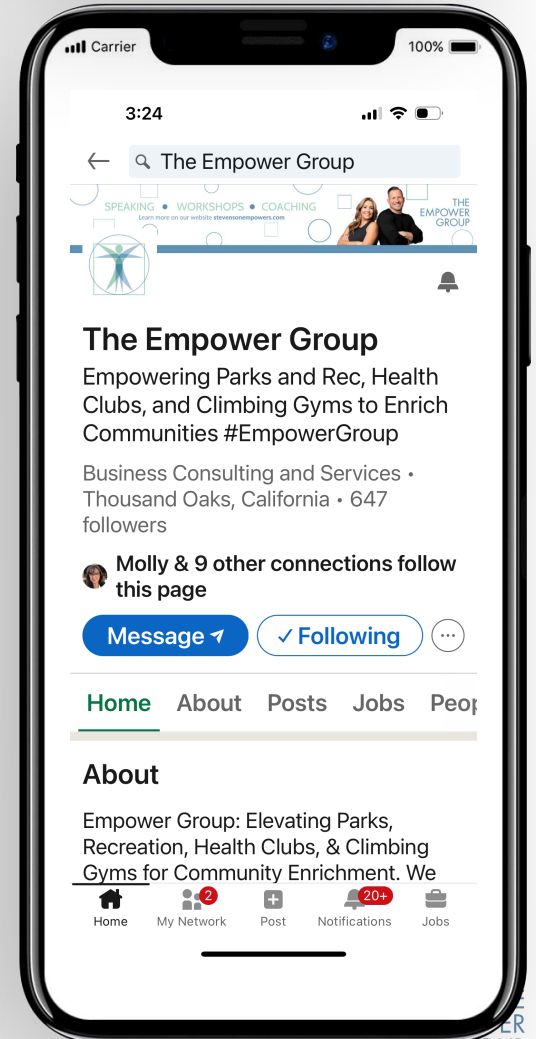
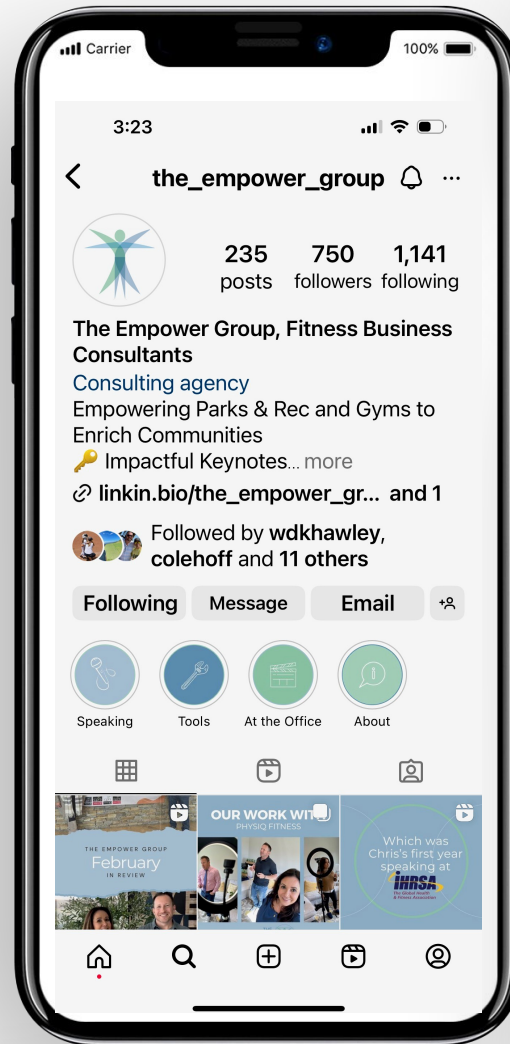
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# Stages of Skill Development

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**1** Unconscious Incompetence

**3** Conscious Competence

**2** Conscious Incompetence

**4** Unconscious Competence





Self-Awareness



Resilience



Growth Mindset

# Keys to Maximize Potential





# Self-Awareness



## Self-awareness Defined:

A clear perception of your personality, including strengths, weaknesses, thoughts, beliefs, motivations, and emotions.



# Self-Awareness



Values



Goals



Reflection



Mindfulness



Feedback



# Take Action!





# Resilience



## Resilience Defined:

The ability to successfully adapt to stressors, maintaining psychological well-being in the face of adversity. It's the ability to “bounce back” from difficult experiences.



# Resilience



Practice Self-Compassion



Cultivate Optimism



# Cultivate Optimism

Optimism refers to a general expectation that good things will happen or believing that the future will be favorable because we can control important outcomes.



Develop Gratitude



Change Your Words



Take Steps Toward Goals



Act Like an Optimist



# Optimism at Work





# Resilience



Practice Self-compassion



Cultivate Optimism



Build a Support Network



Practice Mindfulness





# Take Action!



# Growth Mindset





## Growth Mindset Defined:

The idea that abilities can be developed through effort, learning, and persistence defines a growth mindset. It's about how someone approaches challenges, handles failures, and grows as a result.



# Fixed Mindset

- Belief in innate talent
- Avoids challenges
- Fears failure
- Sees effort as fruitless
- Feedback is threatening
- Comparison with others
- Plateaus in learning





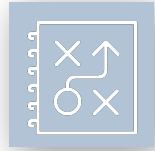
# Growth Mindset

- Belief in effort
- Embraces challenges
- Learns from failure
- Values persistence
- Welcomes feedback
- Inspired by others
- Continual learning





# Growth Mindset



Embrace Challenges



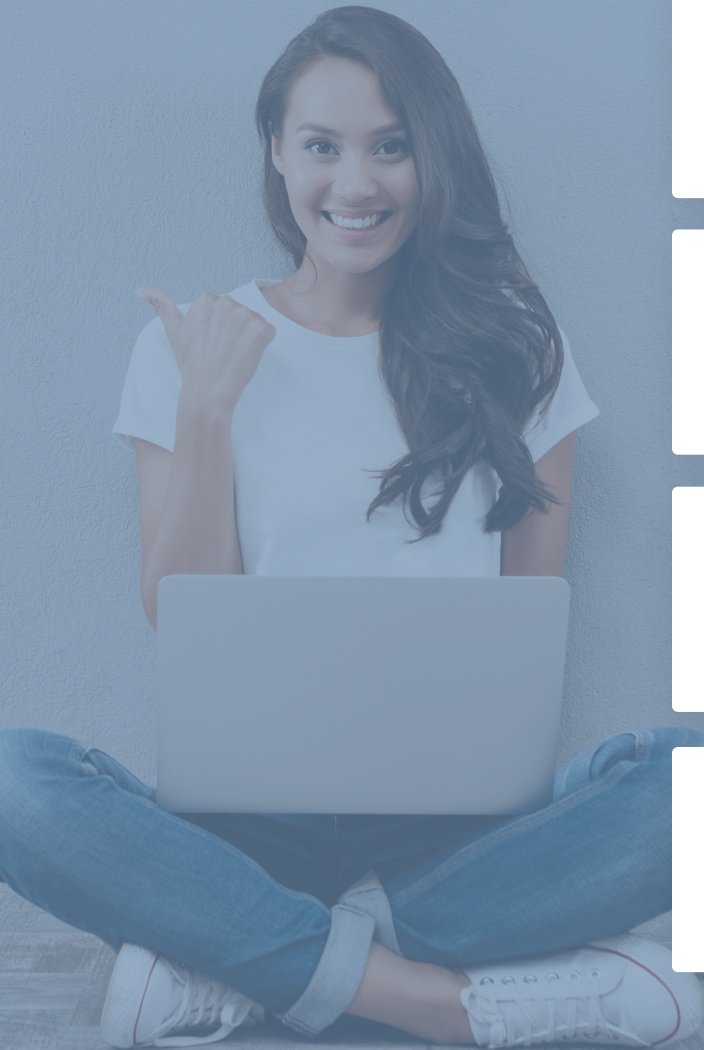
Value Effort



Learn from Mistakes



Seek Feedback





# Take Action!





Self-Awareness



Resilience



Growth Mindset

# Keys to Maximize Potential



**Maximize Your Potential!**







**Maximize Everyone's Potential!**



# Thank You! Let's Connect!



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Chris Stevenson



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