

# Pick M.E.!

## (M.entoring E.xcellence)

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Mission: "wellness without walls™"

### I. INTRODUCTIONS

1. Nāmade! ("My inner peace meets, greets, and salutes your inner light")
2. Gratitude
3. findlawrence.com, L's Background, and the Biscontini Scholarship
4. 2 WORDS: WHAT and HOW

### II. THEORY

1. What Mentoring in 2013 means vs. the last century: The BENEFITS
  - a. Notice M.E.
  - b. Mentoring under Shop
  - c. Success Stories far and wide to FG2000
  - d.



2. My methods of mentoring
  - a. Skype & Dropbox
  - b. email
  - c. video transfer
  - d. convention apprenticing
    - i. before and after work: setup and pack up
    - ii. appearance work
    - iii. Exhibit Hall floor work
    - iv. Starbucks and beyond
3. The Reality Check of Mentoring and 2 the 2 major routes:
  - a. once
  - b. ongoing
4. Being a Great Mentor means:
  - a. worthy
  - b. dependable
  - c. honest & discreet
  - d. practical
  - e. available
  - f. measurable in terms of gives and takes
5. Being a Great Mentoree means:
  - a. not ever saying "pick your brain" or expecting free hours
  - b. My Douglas Brooks inspiration story
  - c. choosing the right mentor via TWO methods
    - i. the WHAT
    - ii. the HOW
  - d. doing some homework about your chosen mentor
  - e. not wasting anyone's time
  - f. being realistic: both reachable and accountable
  - g. .

6. The most popular approach: "I want to be a presenter." WHY?
7. The 2 Most Important Words after SAFE are P\_\_\_\_\_ and P\_\_\_\_\_

findLawrence.com

"We shouldn't stop playing because we grow old. for we will grow old if we stop playing!"



FITNESS GROUP TWO THOUSAND



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