

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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