

IT'S A TOPS, KOPS WORLD

September 27, 2011

Ellen Ashcraft, Area Captain

Leadership Skill of the Month

We began the TOPS leadership series at the summer workshop. I am continuing the series in the newsletters and at future workshops. In the July newsletter, I presented "Praise." In the August newsletter I presented "Recognition." This month, I will present the third skill of this group "Rewards." Giving rewards helps people to work at their best and feel appreciated. There are many ways to make people feel appreciated and valued without a high price tag. Rewards are usually based on performance so most rewards are linked to contests or promotions. Rewards may be given spontaneously for work well done. It's not the reward, but the idea behind the reward that stays in the recipient's mind. TOPS has many different reward-related items that can be given to members. You may also consider other health and wellness related rewards such as exercise, nutrition or general wellness-related items. Here are some suggestions for some inexpensive reward items:

- Gift certificates for wellness-related items like healthy food or exercise wear
- Candles or other aromatherapy products
- Wellness CDs on meditation, exercise or soft/easy listening music
- Book store certificates or books such as self-help books, journals, stationery, pens or calendars
- Spa, museum or movie passes
- Flowers
- Packages of tea or flavored coffee
- Pretty accessories

Fall Workshop

I hope you are making plans to attend the Fall Workshops in Indianapolis, New Albany, Elwood, or Richmond. Specific dates and locations were in last month's newsletter. I will be sending directions to your meeting via e-mail to the leader or contact.

The award period ended August 31. If you have not sent your award forms, please do so right away.

During the workshop, I encourage your chapter to tell about your chapter, do a skit, sing a song, give a contest idea, present a program idea, or anything else that your chapter does to motivate your members or attract new members. I will call the chapters up in random order to present your awards and give you your time to share.

Remember there will be trophies for the three best losers in attendance and a traveling trophy awarded to the chapter in attendance with the best average weight loss. These awards are determined from your award sheets.

Chapter News

New KOPS

Vicki Ferrell IN 0247, Muncie

Reinstated KOPS

Sondra Ingall IN 1248 Connersville

No Gain Meetings

IN 1115 Scottsburg August 23rd 8 members, loss of 17 pounds

IN 0570 New Castle September 19 9 members, loss of 18.5 and September 26 12 members, loss of 14.5

Please continue to send me your news at eashcraft2@aol.com. Other chapters are encouraged by your successes.