

**Geri is participating in a new group:**

## **David Chinsky & Associates Launches The Leadership Fit® Associate Network**

### **Company Growth Creates Opportunities for Other Experienced and Credentialed Coaches and Trainers**

WATERFORD, Mich., April 28, 2008 – David Chinsky & Associates, LLC, a leading provider of executive coaching and management development programs, announced the formation of The Leadership Fit® Associate Network. A dozen experienced and credentialed executive coaches and leadership trainers have now joined this new network, giving them access to an expanded set of resources for serving clients seeking the clarity, confidence, effectiveness and vitality necessary for achieving their highest levels of professional effectiveness and leadership fitness™.

The charter members of The Leadership Fit® Associate Network include: Mary Jo Asmus (Kalamazoo, MI); Sylvia Becker-Hill (Rochester, MI); Mike Bills (Williamston, MI); Barry Demp (Troy, MI); Barbara Grigsby (Commerce Township, MI); Kyle Kinder (Kalamazoo, MI); Geri Markel (Ann Arbor, MI); Kent J. Martini (Royal Oak, MI); Julie K. Norris (Ann Arbor, MI); Pamela Shaheen (Milford, MI); Lisa Pasbjerg (Ann Arbor, MI); and Steven Stralser (Phoenix, AZ).

Workshops available from Leadership Fitness:

#### **Embracing Leadership Fitness™**

Successful leaders practice a consistent set of positive habits necessary for achieving sustainable impact. In their quest for increased agility, competency and energy, corporate leaders are tapping into the powerful synergies of leadership fitness™, an integrated model of leadership development based on the four dynamic qualities of *clarity, confidence, effectiveness and vitality*.

The Institute is a **12-month leadership development experience designed for high-potential leaders**. Our program blends interactive learning sessions with executive coaching and leadership assessments, and is based on a model of leadership fitness™ we've created and use when working with our clients to help them achieve greater levels of clarity, confidence, effectiveness and vitality.

**We deliver the Institute in two ways.** Some of our clients prefer that the program be delivered onsite for their leaders only. Typically, class sizes range between 15 and 30. Other clients prefer to enroll one or more of their organization's high-potential leaders in one of our public, geographic-specific programs most proximate to their location. [Please click here for our 2009 program dates and locations.](#)

Whether delivered onsite or through one of our public programs, the 12-month leadership development experience is structured around four, full-day, interactive workshops (one every 90

days), and executive coaching in each of the eight months that participants do not come to class. We find that **this integrated learning approach creates sustainability for participants by building accountability around the commitments they make at the end of each quarterly workshop** . Several leadership assessments are included as part of the program and each leader develops a customized development plan around the four components of our leadership fitness™ model: clarity, confidence, effectiveness and vitality.

More information on the Institute is available at [www.instituteforleadershipfitness.com](http://www.instituteforleadershipfitness.com). Call us on 866-960-LEAD and we will be happy to answer any questions you have about the Institute.