

The Institute for Leadership Fitness to Launch Fit Leader's Program™ in Europe

The Fit Leader's Program™ to be Offered in London, England Starting in March 2012

Walled Lake, Michigan, December 15, 2011 – **The Institute for Leadership Fitness** has announced plans to offer its **Fit Leader's Program™** in Europe, beginning in March 2012. The Fit Leader's Program is a unique and integrated leadership development experience that combines professional **coaching**, quarterly **workshops**, and leadership **assessments** to enable leaders to enjoy balanced lives marked by personal health and sustained contribution.

For over a decade, more than 1,000 leaders have field-tested and refined the Leadership Fitness model into a transformative experience that produces sustained excellence. **The Institute for Leadership Fitness has trained over 300 senior-level leaders**, in 14 separate programs conducted in the U.S., since the inception of the Fit Leader's Program in 2008.

The Institute's goal is to train 10,000 Fit Leaders by 2020.

The Fit Leader's Program comprises 32 interactive learning modules organized around four crucial components of the Leadership Fitness Model: clarity, confidence, effectiveness and vitality. Delivered as a one- or two-year experience, the Fit Leader's Program is now offered as an open-enrollment option in cities around the world as well as an onsite option for organizations interested in bringing the Program in-house.

The Institute for Leadership Fitness (formerly David Chinsky & Associates) was founded in 2002 by Dr. David Chinsky following a successful 25-year career as an accomplished and effective leader. The Fit Leader's Program is the culmination of Dr. Chinsky's inquiry into a common yet profound business dilemma: **"How can leaders produce consistent, excellent results – and not experience burn out?"**

Founder Dr. David Chinsky is also author of ***The Fit Leader's Companion: A Down-to-Earth Guide for Sustainable Leadership Success***. Drawing on 30 years of leadership experience, mentoring and coaching, *The Fit Leader's Companion* skillfully uses real-world examples to bring each aspect of the Leadership Fitness Model to life.

For more information on the Institute for Leadership Fitness, the Fit Leader's Program or to order your copy of *The Fit Leader's Companion*, contact the Institute for Leadership Fitness at 1-866-960-LEAD or www.instituteforleadershipfitness.com.

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