

Your Essential Purpose



Presented by Jonathan Dunn

Senior Coach at Floyd Consulting

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Webinar Details

- All listeners are muted to minimize background noise. Only the presenter and moderator will be audible.
- Questions will be addressed at the end of the webinar. Please enter your question(s) at anytime throughout the presentation by using the Go To Webinar “Question” feature in your control panel.
- A recording of the webinar will be made available for future viewing to all MFN members and webinar registrants.

About the Presenter

Jonathan Dunn is an award-winning public speaker and Senior Coach at Floyd Consulting. He helps leaders and businesses reach the best versions of themselves. Jonathan coaches individuals and corporate teams to become fully engaged in their lives and work in order to achieve greater success and fulfillment.



Floyd Consulting's vision is to make work fun and engaging for as many people as possible, by delivering world-class training and creating dynamic cultures that lead to thriving businesses that are profitable, scalable, and sustainable.

Jonathan's passion and enthusiasm for helping people achieve their dreams is undeniable. His unique ability to connect and engage his clients in the pursuit of their best lives is one of a kind. Jonathan's experience includes facilitating strategic planning retreats, leadership collaborations, creativity workshops, brainstorming sessions, presentation skills and focus groups. His clients represent a broad range of industries including finance, retail, hospitality, and technology.

MEDFIT

YOUR ESSENTIAL PURPOSE



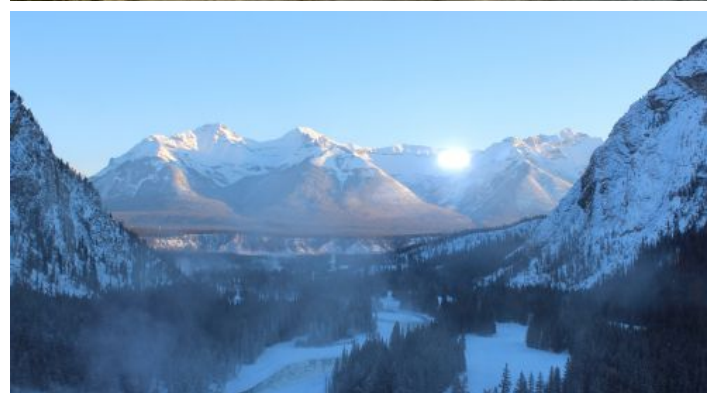
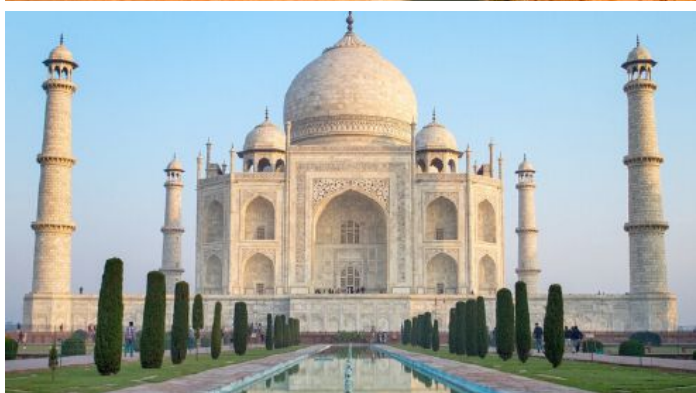
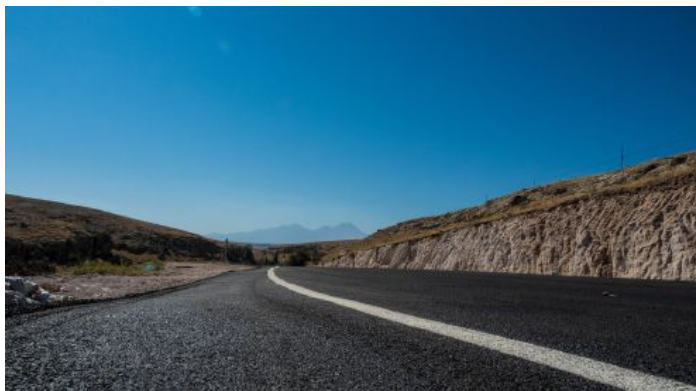
1. WHAT MAKES A GREAT FRIEND?
2. WHAT MAKES A GREAT PARENT?
3. WHAT MAKES A GREAT LEADER/COWORKER?
4. WHAT MAKES A GREAT MEAL?
5. WHAT MAKES A GREAT BOOK?
6. WHAT IS THE MEANING +PURPOSE OF A MARRIAGE?
7. WHAT IS THE MEANING + PURPOSE OF ANY RELATIONSHIP?
8. DO YOU EVER HAVE TO MAKE A CHALLENGING DECISION?
9. DO YOU WANT LIFE TO MAKE SENSE?
10. DO YOU WANT TO GET THROUGH THIS CHALLENGE?

RHYTHM OF LIFE SCORECARD

The Rhythm of Life Scorecard		Red	Yellow	Green
Physical	maintaining adequate rest, diet, and exercise			
Emotional	developing personal and professional relationships			
Intellectual	expanding the vision of our world and being a life-long learner			
Spiritual	developing a sense of peace and asking the question "Who am I and what am I here for?"			

1

IF YOU COULD TRAVEL
TO ANY 6 PLACES IN
THE WORLD, WHERE
WOULD YOU TRAVEL?



2

IF YOU COULD TAKE A
ROAD TRIP WITH ANYONE
AND GO ANYWHERE,
WHERE WOULD YOU GO
AND WHO WOULD YOU
GO WITH?

3

WHAT ONE
RELATIONSHIP
WOULD YOU LIKE
TO IMPROVE?

4

IF YOU COULD
SCHEDULE A LUNCH
WITH ANY LIVING
PERSON, WHO WOULD
YOU WANT TO HAVE
LUNCH WITH?

5

IF YOU DIDN'T
HAVE ANY FEAR,
WHAT **ACTIVITY**
WOULD YOU TRY?

6

WHAT WOULD
YOUR **LIFE** LOOK
LIKE WITH AN
ABSENCE OF **FEAR**?

7

WHAT PERSONAL
HABIT WOULD YOU
LIKE TO ELIMINATE
FOR YOUR LIFE OR
ROUTINE?

8

WHAT QUALITIES DO
YOU WANT OTHERS
TO REMEMBER YOU
FOR?

Upcoming Webinar

Your Voice, Capitol Hill and America's Health



Presented by Diane Hart

President and Executive Director of the
National Association for Health and Fitness

LIVE PRESENTATION: Tuesday, April 7, 10:00am PST

Registration will be available on medfitclassroom.org.

MedFit Network members: access **free** registration via your account dashboard

Upcoming Webinar

Movement and Cognition



Presented by Dr. Michael S. Trayford

Founder and Director of Clinical Operations,
APEX Brain Centers

LIVE PRESENTATION: Tuesday, April 14, 10:00am PST

Registration will be available on medfitclassroom.org.

MedFit Network members: access **free** registration via your account dashboard

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A close-up, vertical view of the red sole of an Altra running shoe. The sole features a series of deep, curved grooves that mimic the natural shape of a human foot, designed for cushioning and support. The background is a blurred outdoor scene with green foliage.

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Thank you!

Question and Answer Segment

Please type your question in the questions box to be answered by the presenter.

For More Info or Questions
Email: ivy@medfited.org

