



Club members seemed to enjoy Clint's talk.

Clint's presentation was a short version of his motivational keynote address "The Life Champion in You", the purpose of which is to help people to overcome challenges in life and to achieve success. For more information, go to www.clintcora.com.

An example of a challenge in Clint's life was learning how to use a "Bo Staff". After demonstrating his skill in the use of this ancient Chinese weapon, Clint had two of our more daring ladies (Barbara Legin and Norma McFarlane) try it out.



Barbara Legin (foreground) and Norma McFarlane (far left of Clint) proved to be fast learners.

The three main points Clint presented were:

1. Make totally committed decisions.
2. Expand your comfort zone by 10% a week.
3. Get involved with highly motivated people and avoid "toxic" people.



As an example of a highly-motivated individual, Clint told us of his admiration of the determination and positive attitude of a one-legged skier whom he encountered while skiing at Mount Tremblant in Quebec.

After a short question and answer session, Clint mentioned that he had brought copies of his book for sale to our members for 50% off the regular price! A number of members took advantage of his offer, during the break.

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President Harley Auty thanked Clint Cora for his very interesting presentation and gave him a token of appreciation from the club.



Clint Cora sold autographed copies of his book to Zenon Kiss, Gerry O'Hara and Ron MacDiarmid, as well as to several other members.