



## Stronger Mindset Testimonials

"When I began working with Keith, I had identified that discipline and structure in my approach to multiple aspects of my life were severely lacking and negatively impacting my ability to put my best foot forward. Keith has provided me with extensive coaching on how to implement these fundamental elements while establishing a feedback loop that holds me accountable to my stated goals. As part of this accountability, Keith "extra growth," which involves a dynamic and evidenced based workout regimen that serves as a fantastic way to ensure that I accomplish what I've set out to do while maintaining a level of physical fitness that I had lacked before I met Keith. Together, implemented we were able to set and achieve long-term goals, including meeting the high-standardized test scores I needed to be a competitive medical school applicant.

On top of his ability to serve as an excellent personal trainer, Keith's greatest strengths lie in his leadership. He has a true knack for understanding the unique needs of an individual and challenge them, as he did with me, to grapple with and understand the 'why' that drives their actions, rather than the 'for what.' I know for a fact that this basic tenant, which he has instilled within me along with many others, has helped us to achieve our very best selves." - Jeffrey M.