

School of Grit January 2023 Menu

Here is the January 2023 School of Grit class schedule! We want you to look at this like a School! Take the classes (calls) that are for you, and don't worry about the ones that aren't a fit for you. If you have a suggestion for a topic to cover or a potential guest coach, we want to hear from you! We will continually add value each month by adding new classes and coaches to the mix. Standby...school is now in session!

Class Schedule

Fueling for the Family

Tuesday, January 3rd, 5:00pm est

Guest Coach: Melanie Sliwka

Coach Mel is a functional medicine practitioner and nutritionist and has been a long-time team member and employee of SEALFIT and Unbeatable Mind. (Sidenote: she was also part of my coaching cadre at Kokoro 38). She has worked over 13 years with Spec Ops, Navy SEALs, elite athletes, and those in need of permanent change. Coach Mel has tried and tested hundreds of fueling ideas to support her own fitness through pregnancy (twice), as the 12th woman to successfully complete the civilian version of Navy SEAL hell week - KOKORO, as the 2020 world record holder of team burpees in 24 hours, the Grand Canyon Rim to Rim to Rim race, 2019 first-place San Diego Team Ragnar winners, and as a world-traveling former competitive surfer. Her purpose is to increase health and happiness in the world and reduce unnecessary suffering. We will be discussing supplements on this call.

Optimal Performance Training

Thursday January 5th, 12:00 est

Guest Coach: Brad Ritter

Join Coach Ritt as he discusses various topics relating to Optimal Performance and Growing your Grit. We will be starting off with target selection for 2023. Many people spend too much time and energy chasing the wrong targets thus resulting in the wrong goals. Join me for a live quick assessment of your life and we'll work to pick your top 1-3 area's you should be focusing on right now with an action plan to make 2023 your best year yet!

Morning PT (Physical Training)

Saturday January 7th, 08:00am est

Guest Coach: Brad Ritter

Every Saturday morning you will be guided through a one-to-two-hour physical training session led by a School of Grit Coach. These are not easy and are designed to push you past your comfort zone. All fitness levels are welcomed, and each workout is scalable to meet you where you are. You don't need to purchase any expensive gear. Having a pull-up bar, backpack, and sandbag is optimal but not required. We will work with whatever you have lying around.

Cultivating Purpose

Tuesday, January 10th, 12:00pm est

Guest Coach: Richard Thompson

Richard is a Navy SEAL, Certified Life Coach (Life Coach School) and Master Unbeatable Mind and SEALFIT Coach applying the integration, translation, testing, and modeling of the first truly integral human performance training system. A model built over 25 years through trial and error, proven in the SEAL Teams, and taught to SEAL Candidates and professionals since 2006.

Richard has had the privilege to coach many incredible people looking to become a better version of themselves. From Professional Sports Teams in the National Hockey League (NHL), and American Hockey League (AHL), Executives, Veterans with post-traumatic stress, and many others.

Richard's "Why" is to be the example he wants to see in the world and inspire others to liberate their thinking to serve them. We will discuss how to cultivate your purpose on this call.

Breath Practice and Meditation

Wednesday, January 11th, 12:00pm est

Guest Coach: Coach Cole Berschback

Coach Cole is the co-founder of Total Potential, an author, Registered Dietitian, and certified yoga instructor. She has spent the past 20 years working in health and wellness. Cole is trained in multiple modalities of somatic practice, breath, and meditation work and supports the transformation of beliefs, physiology, and mindset with these practices. Through her coaching practice, she helps individuals and groups experience the best of themselves with the people they love most and in alignment with their most important mission. We will practice live breath and meditation tactics on this call so find a quiet, cozy, and undisturbed place you can train in.

Morning PT

Saturday January 14th, 08:00am est

Guest Coach: Brad Ritter

Every Saturday morning you will be guided through a one-to-two-hour physical training session led by a School of Grit Coach. These are not easy and are designed to push you past your comfort zone. All fitness levels are welcomed, and each workout is scalable to meet you where you are. You don't need to purchase any expensive gear. Having a pull-up bar, backpack, and sandbag is optimal but not required. We will work with whatever you have lying around.

Tactical Fitness Part Two

Tuesday, January 17th, 12:00pm est

Guest Coach: Steve Stewart

Coach Stew is the owner and operator of Somatic Warriors. He retired as a Fire Captain Paramedic for the city of Stockton and served as a Corpsman for the US Navy and Marine Corp Reserve. On top of all this he is also a civil engineer, but we won't hold that against him. Coach Stew typically speaks on leadership, how to thrive in a VUCA world, flow states, Tactical EMS, and Tactical/Functional fitness.

On this all we will continue our discussion on tactical fitness.

The Delta Theorem

Thursday January 19th, 12:00 est

Guest Coach: Bret Magpiong

Bret Magpiong has dedicated his entire professional career either advising executives, entrepreneurs, professional athletes, and entertainers or as a C-Level executive for various firms and partnerships. As the Founder of the Rudius Strategies Group, Bret zeroes in on equipping individual clients to identify and achieve purpose and performance. His goal is to help clients achieve personal and professional goals easier and faster than previously imagined. For organizations, Bret teams with top management to improve how managers, executives, and leaders approach decisions and strategies while advancing team building and organizational culture. On this call we will discuss what the Delta Theorem is and how to apply it to you lives.

Morning PT

Saturday January 21st, 08:00am est

Guest Coach: Brad Ritter

Every Saturday morning you will be guided through a one-to-two-hour physical training session led by a School of Grit Coach. These are not easy and are designed to push you past your comfort zone. All fitness levels are welcomed, and each workout is scalable to meet you where you are. You don't need to purchase any expensive gear. Having a pull-up bar, backpack, and sandbag is optimal but not required. We will work with whatever you have lying around.

Situational Awareness

Tuesday, January 24th, 12:00pm est

Guest Coach: Bert Pacal

Coach Bert started his career in Civil Engineering and construction. He decided his calling was to work as a ski patroller at a destination resort. For the past 30 years he has been living his dream in service to others on the ski slopes. For the past several years he's also studied and practiced high performance under stress and is a self-defense instructor and mindset coach. On this call we'll explore what situational awareness is and how to cultivate it.

Spiritual Warrior

Thursday, January 26th, 06:30 am est

Guest Coach: Javier Mesa

Coach Mesa is a Veteran of the U.S. Army, a proud husband and father living for the glory of God and in service to his fellow man. His passion is helping people become the best version of themselves spiritually. Hold on tight, you are in for something very hard yet amazing that you and your families will reap the rewards of for generations to come. Together we'll break chains and change lives by doing the hard things that others won't. If you've been wanting to strengthen your relationship with God, this is the call for you!

Morning PT

Saturday January 28th, 08:00am est

Guest Coach: Brad Ritter

Every Saturday morning you will be guided through a one-to-two-hour physical training session led by a School of Grit Coach. These are not easy and are designed to push you past your comfort zone. All fitness levels are welcomed, and each workout is scalable to meet you where you are. You don't need to purchase

any expensive gear. Having a pull-up bar, backpack, and sandbag is optimal but not required. We will work with whatever you have lying around.

Grow your Grit MASTERMIND Q&A

Tuesday January 31st, 12:00pm EST

Join us for an open discussion. Be ready to get authentic and present what you are working on, excited about or challenged with in your life right now. It's a powerful platform to be surrounded by like-minded people who are showing up, doing the work, and looking to serve others. This is a safe place where we will hold the space for each other and hold one another accountable. Life begins at the end of your comfort zone. Are you ready to start living?

Stay connected & #DoHardThings.