

No Surrender, LLC Media Kit

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About The Company:

Carl Ficks helps busy professionals reclaim their wellness. His Ficks System is a proven road map for endurance athletes and weekend warriors alike. His weekly LinkedIn posts and bi-weekly newspaper columns, both titled "The Friday Ficks," provide strategies, tools and inspiration to stay resourceful and resilient. Yup, he was also a litigator for 30+ years.



What We Can Do:

- Provide your audience with easy to implement strategies
- Give your listeners ways to stay consistent even when you're in the weeds
- Inform your community of positive daily practices and habits
- Help build consistent habits over time so folks can stay resourceful and resilient regardless of the circumstances
- Help people get back in the game
- Allow your network to be less stressed, more productive and yes, happier too

Discussion Topics:

1. How has fitness helped you in the daily practice of law?
2. Could you give us an anecdote or example?
3. What's the first thing you would tell a busy professional who wants to get back in the game?
4. How can a busy professional possibly fit a workout into her daily schedule?
5. Can an accountability component be worked into a fitness regimen?
6. Does it help to put a date on the calendar?
7. What would you tell your 30 year-old self about fitness?
8. Do you have any tips for quieting the noise between your ears when working out?
9. Do you need fancy equipment (like a Peloton) to get back in the game?
10. Have you found that pithy saying "it's a marathon not a sprint" to be true?