

F2T CHALLENGES

The **F2T** Program aims to support the on-going growth and development of everyone holding a Fitness-Performance Specialist (FPS), Peer Fitness Trainer (PFT) or Wellness-Fitness Ambassador (WFA) certificate via courses, workshops and webinars, and a series of **F2T** Challenges. Each **F2T** Challenge will involve the completion of a practical activity that relies on the specific **SKILLS** associated with 1 of 10 **ROLES** that may be assumed by **F2T** certificate holders. Completed **F2T** Challenges must be submitted as part of the renewal process (2 for FPS, and 1 for PFT and WFA), and will be used to expand the library of resources that is shared with the broader **F2T** community.

Ten unique **F2T** Challenges will be posted during each 2-year renewal cycle (1 from each theme outlined below). **F2T** Certificate holders who complete 5 times the number required for renewal will be recertified with distinction (10 for FPS, 5 for PFT and WFA).

1. Author

Written Communication and Knowledge Translation

Improve your writing skills by sharing ideas with the broader community.



6. Collaborator

Promotion of Team Work and Collaboration

Improve your value as a team member by promoting opportunities to collaborate



2. Creator

Critical Thinking and Problem Solving

Improve your creativity by designing solutions that meet the unique needs of fire fighters



7. Guide

Demonstration and Leading by Example

Improve your ability to perform and communicate visually by guiding the observations of others



3. Teacher

Oral Communication and Knowledge Exchange

Improve your teaching skills by leading experiential activities to facilitate learning



8. Ambassador

Marketing and Promoting to Inspire and Motivate

Improve your ability to engage by creating and sharing resources that prompt others to take action



4. Mentor

Observation and Giving and Receiving Feedback.

Improve your ability to give and receive feedback by working with individuals with diverse needs



9. Student

Self Assessment, Reflection and Learning

Improve your mindset, skills and behaviours by developing a practice of self-reflection



5. Leader

Empowering and Challenging others

Improve your ability to effect change by supporting autonomy, relatedness and competence



10. Manager

Oversight, Coordination and Program Evaluation

Improve your organization and management skills by evaluating short- and long-term progress

