

POWERLINE

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Mack Newton On... “Millennials”

When I say the word Millennials, what comes to your mind? If you are in your 40's, 50's, 60's and older, you may associate millennials with being lazy... feeling entitled. But, let me just say every generation has said exactly the same thing about the generation prior to their own for decades.

I often hear that millennials' entitlement is different though... for example, they start a new job and a week later, they think they should be President of the company. They are used to getting what they want and getting it right NOW. Some would say this means they are just spoiled and unwilling to do the real work that is necessary to get to a position of excellence... In some cases, this may be true, but I think in many cases there is more to be considered.

Think about how many kids have been with their parents at Target and every time they started whining or asking for things, the parents just gave them a toy or whatever they wanted just to shut them up. That is the simple way out for the parents... but, that is a powerful lesson in instant gratification and entitlement to their children.

Then, to make matters worse, their parents don't really talk to them... they don't take the time to deal with tough questions that the kids ask. You see... these kids today average 250-500 Facebook friends (and... these are real friends – not just acquaintances) and they are from all over the world. The kids see pictures and hear about the challenges their friends are facing, like a water shortages for example. So, out of concern for their friends, they ask difficult questions like, “Why isn't there enough water for people in 3rd world countries, especially when a battleship can be parked off the coast and desalinate enough water to solve this problem for so many?” The parents, without an easy answer, simply reply, “I don't know” as they head out to their Yoga class, grab lunch with a friend, or some other activity that is more important than talking to and providing guidance to their kids.

In the meantime, these same kids are learning to not trust their parents, especially for answers and guidance on some of the tough questions they need answers to.

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Next, consider that these kids are growing up on the internet, something no other generation has experienced. When a parent can't answer a question, millennials feel that they can just go to the internet and look it up. They feel they can find the answers and connect with like minds instantly, online. So, the reason they want everything right now is because technically, in many cases, they can figure out how to get whatever they want right now accessing the world wide web. They are not lazy, they just want to be efficient.

In fact... millennials are visionaries and they are able to see and do things using the internet that can circumvent many of the steps the less technically savvy believe necessary to achieve a common goal. Essentially, these millennials are taking quantum leaps... skipping over many steps that we have been doing that they know

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and can now show are irrelevant and obsolete. So, in many cases, they ARE right that they deserve to move more quickly up the ladder of the organization when they’re contributing at this level.

Additionally... with friends from all over this planet, they are truly global citizens. This has resulted in these kids being interested in and concerned about



people without concern for geography and they have taken the elevated position of saying, “We are all stakeholders in this global environment and economy”. When they think about how to get things done – they look at situations from that perspective. Having said this, I think they are more realistic than idealistic, which is a good thing since they will be our government and corporate leaders in the next 10-15 years.

Over time, what I have observed is what they can’t get on the internet; the wisdom of experience, character development and emotional intelligence. They can’t access the world of consequences (especially when they grew up TRAINED to feel entitled) without real world experience and guidance from the prior generations.

I find that most millennials will listen if you bring a compelling argument and

they will want to work with you. We need to guide these young people to understand the value of responsibility, and proper communication... being better listeners and having patience with others. There is definitely an opportunity for us to help them with character development and to teach them how to handle failure so that it is a stepping stone to success vs. letting it erode their self-esteem and self-acceptance.

We do have much to teach millennials, but they may have just as much to teach us. I find it very exciting to know that they will be the next generation of leaders and I betting on them for a better future for all of us. ■

~ By Mack Newton

Pictured: Mack Newton with professional golfer, model, spokesperson and millennial Cheyenne Woods

CONQUERING KILIMANJARO!

Climbing Kilimanjaro was a defining moment for Vichai Rommie; a moment that a few years ago he would never have thought possible in his wildest dreams, and now one of the most rewarding experiences of his life!

“People have spoken about climbing ‘Kili’; talking about the challenges, how hard it is, the daily struggle to just keep going – for me it was the opposite. Every day, every step I felt stronger and better than the day before”.



Vichai Rommie with his fellow Mt. Kilimanjaro climbers

“It came to me on the first day while I was walking a bit behind the group, I was able to catch up with the team (which was a big surprise to me), as this is coming from a guy who weighed 260 pounds before climbing! I never really felt tired, I felt like I could keep on going and going the whole day, and I realised the difference was 100% my attitude”.

Rommie has worked out with Mack since 2014.... “I have seen many changes in my physical strength which has been amazing; but the mental conditioning Mack shares with us all, learning to focus, to be committed and have self discipline, about the power of my attitude and self-concept; these are the tools that supported me to show up and ‘do the work’ that I needed to prepare, and overcome the challenges of climbing Mt Kilimanjaro”.

Rommie says the whole experience has cemented the commitment to his health



Vichai Rommie in front of Mt. Kilimanjaro

and wellness, having never felt better in his life or experienced this much energy!

“But the true gift is in knowing that the physical and mental conditioning I get through our workouts has made me become a better trainer, the game I play keeps getting bigger and bigger, and my self-concept has totally changed the person I am right now and the potential I am yet to reach”. ■

~ By Lynda Gale

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Taekwon-Do Spotlight on Jeanine Salmeron-DelaTorre

When I originally started Taekwon-Do, I was doing it out of a need to do something for myself (I was looking for guidance on how to become a better person). Taekwon-Do gave me what I was looking for; It gave me the tools I needed for self-improvement and it also helped me find my purpose.



Over the past 2 years of training, I have developed an instilled sense of worthiness rather than others trying to

impose it upon me. Before Taekwon-Do, I wanted to believe I was a strong individual and could take on any storm, but in reality I was convinced I was limited by my petite stature. I used to settle for just being “good enough”, but now I realize that I have the ability to be the best person I can possibly be if I just work hard. Taekwon-Do has instilled in me the values of personal excellence, self-acceptance and confidence.

It has also been truly inspiring to have the opportunity to watch Master Newton navigate his own life experiences and share this process because I continue to learn so much that helps me with my own personal growth. My goal is to be able to share with the community his lessons so I can be part of his legacy in helping others grow, and discover their potential.

Lately, the word courage has meant a lot to me. “Cour” translates to heart – so the definition of courage to me is to tell the story of who you are with your whole heart. I really think it takes courage to have a transformation. It takes courage to let go of preconceived notions of who you think you should be or have been told you are and become aware of who you really are in your imperfection and without expectations or fear. And in allowing this in yourself, you can have the courage to allow it in others and connect in a deeper more meaningful way that comes without judgement, just awareness that everyone is different and dealing with their own imperfections and their own personal growth. ■

~ By Rachel Perlmutter

Pictured: Jeanine Salmeron-DelaTorre kicking towards Dominic Surrano

Mini Pee-Wee Taekwon-Do Classes

The classes focus on training 4-6 year olds in the areas of behavior, manners, stranger-danger protection, body awareness, confidence, flexibility, making new friends and fun.

“You go into it thinking that I just need to help these kids to get through the class – but everything that they do has been teaching me about the human psyche and how people can transform in seconds. They can watch and mimic instantly without thinking about it, without instruction, where I over think every little situation out of fear of not doing it the right way. The kids just try, and they excel.”

- Class Helper- Jeanine Salmeron-DelaTorre

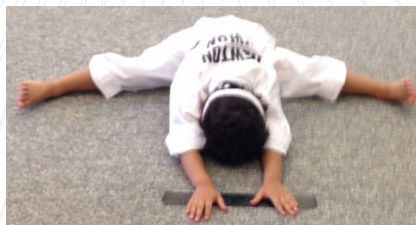
Classes take place Tuesdays at 3-4 pm. Pee Wees (children 7-12 years of age) will be taught in the classes held at regular Taekwon-Do times.

Contact Master Newton for more information or to enroll your child. ■

~ By Rachel Perlmutter

Pictured on left: Nelson Newton demonstrating stretching

Pictured on right: (from top right counter-clockwise) Master Newton with Jeanine Salmeron-DelaTorre with Mini Pee-Wee charter members Naomi Diaz, Nelson Newton and Shayla Suresh



Inspirational Speaker Services

Many times I have been called upon to help inspire and “light up” individuals and teams to take their personal and professional performance to a whole new level.

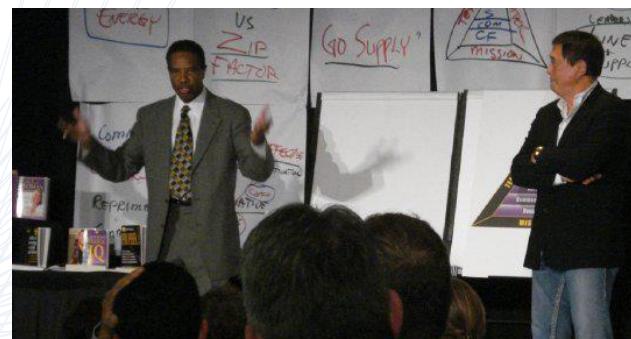
As a Major League Baseball and National Football League professional conditioning coach, 8th degree International Taekwon-Do Master, teacher, TV and on-air personality, speaker and community leader for over 40 years, I have had the opportunity to present to large professional, non-profit, athletic, and sales organizations such as The Key Group, Legends and Leaders, IBM, Iams, Peak Performers of Colorado, Florida Power and Light Co, Western Coal Transportation Assoc., City of Phoenix and many more.

If you would like me to inspire the members of your organization to achieve big goals and make significant changes, I can help. Share with me the goals you have for your audience; the kind of attitude, thoughts and aspirations you want them to have when I am done, and I will craft the perfect message for your event.

Please call me directly at: 602-957-6492 to discuss your needs.

Pictured in top photo: Mack Newton presenting at Legends and Leaders in Las Vegas, NV

Pictured in bottom photo: Mack Newton on stage with Robert Kiyosaki at Rich Dad corporate headquarters



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