

REFLECTIVE JOURNAL

IMPACT¹⁸

Live Beyond Yourself

PHI KAPPA THETA
NATIONAL CONFERENCE
AUGUST 2-5, 2018 • ORLANDO, FL

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Greetings Phi Kappa Theta Brothers:

Welcome to Orlando and to the Impact18 Conference! On behalf of your leadership team and the DMB Coaching consultants, please know that we have been tirelessly preparing for this special weekend for many months.

Ever since I become acquainted with your Fraternity, I have been so very impressed by your vision and mission embodied in the members I have befriended these past 12 months. It was an absolute honor to interact with so many of you during the Boysie Bollinger Leadership Academy Regional Leadership Conferences across the country this past year.

My entire DMB Coaching Team looks forward to picking up right where we left off with the *Make Your Move* curriculum as we step into this weekend.

Live Beyond Yourself is the theme of Impact18 and is a result of your fraternal commitment to servant leadership and your passion to “give, expecting nothing thereof.” The focus of this three-day experience is to assist you in becoming a positive force of change within your chapters, on your campuses, in your communities, across the country, and even throughout the world.

We live in a day and age where it is trendy to talk about “changing the world,” but is that even possible? If we actually embraced this challenge personally, where would we even begin? As a global village, the problems and issues that we face across the planet are intimidating and overwhelming, and even within our smaller and more personal spheres of influence, there are so many pressing needs.

As Phi Kappa Theta brothers who aspire to make a lasting impact, I applaud you for investing a few days this summer to join with brothers from around the country for a transformative conference of inspiring instruction and invigorating interaction about the seven essential ingredients to *actually* changing your world... beginning first with yourself!

Each of the seven dynamic sessions were created with you in mind and will include motivational presentations, large-group interactions, round-table conversations, and unique thematic activities and learning exercises that will both inspire and instruct you to take the next step to being positive change agents in every place you find yourself.

So take a deep breath and get ready for a weekend to remember!

Yours for making an impact for a lifetime,

Michael

Michael S. Brown, Ph.D.

Founder, Lead Coach & Chief Consultant, DMB Coaching

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LIVE WISELY



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THE INSTRUCTION

THE BIG PICTURE

Changing the world begins first with changing myself. Empty cups cannot pour, and I cannot impart what I do not possess. In essence, wisdom is about living life well. Who I am becoming will ultimately determine any meaningful contribution I will make in the lives of those around me.

THE BASIC PRINCIPLES

- I will not wake up one day having become someone I have not been becoming.
- Every choice counts and is connected to a positive or negative consequence.
- Every minute matters and every moment is sacred.
- Every day is a day on and never a day off.
- Coasting is always backwards.

THE BEST PRACTICES

- The Dream & Perspective
- The Discipline of Preparation
- The Desires & Passions
- The Decision of Priorities
- The Doing of the Plan

THE BOTHERSOME PROBLEMS

- Disorganized life
- Uncertainty about core values
- Preoccupation with pleasure
- Sense of powerlessness to chart a bright future
- Failure to delay immediate gratification

THE BOLD PROMISES

- You will know when to say either yes or no.
- Your stress levels, anxiety attacks, and worrisome thoughts will decrease.
- You will lie down in bed at night feeling productive and ready to tackle the next day.
- Your life will feel more fun and enjoyable.
- Your life management will offer more opportunities for spirited spontaneity.



THE INTROSPECTION

CONSISTENT BELIEFS

What do I consistently believe about the purpose and meaning of my life?

CURRENT BEHAVIORS

Which of my daily choices would I consider healthy and unhealthy?

COURAGEOUS BECOMING

For me, what would it look like to be a wise man at 70 years old?

COMMON BARRIERS

What do I anticipate will be my biggest struggles to becoming a wise person who lives life well?

CRUCIAL BUILDING BLOCKS

What is one positive choice that is my next step to living more wisely?



THE INTERACTION



THE IMPLEMENTATION

WITHIN MY CHAPTER...

ON MY CAMPUS...

THROUGHOUT MY COMMUNITY...

ACROSS MY COUNTRY AND AROUND THE WORLD...

LOOK CLOSELY



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THE INSTRUCTION

THE BIG PICTURE

It is far easier to keep my distance from people who struggle and suffer rather than to encounter their painful realities up close. Looking away feels safer and less scary, and far less disruptive to the way I have grown accustomed to rationalizing the world's inequalities and injustices.

THE BASIC PRINCIPLES

- Looking does not happen by accident.
- Seeing is believing, and believing requires seeing.
- Look beyond the obvious and between the lines.
- Blindness is often a choice.
- Don't look away when the reality is difficult or disturbing.

THE BEST PRACTICES

- Premeditation: the choice to consider
- Proactivity: the choice to step out
- Proximity: the choice to draw near
- Presence: the choice to stay close
- Participation: the choice to be involved

THE BOTHERSOME PROBLEMS

- Cloistered & Comfortable
- Complacent & Content
- Conflicted & Confused
- Close-minded & Cautious
- Critical & Cynical

THE BOLD PROMISES

- Once you open your eyes, what you see might disrupt your thinking.
- Once you open your eyes, what you see might reshape your sense of reality.
- Once you open your eyes, what you see might break your heart.
- Once you open your eyes, what you see might modify your plans for the day.
- Once you open your eyes, what you see might shift your trajectory for tomorrow.



THE INTROSPECTION

CONSISTENT BELIEFS

What do I believe to be true about the source of pain and suffering in the world?

CURRENT BEHAVIORS

How do I typically respond when I observe inequalities and injustices around me?

COURAGEOUS BECOMING

Am I growing into a person who pauses long enough to look closely at people and places?

COMMON BARRIERS

What gets in the way of me being an observant and thoughtful person?

CRUCIAL BUILDING BLOCKS

What are my next steps to growing as an observant and thoughtful person?



THE INTERACTION



THE IMPLEMENTATION

WITHIN MY CHAPTER...

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SESSION THREE

LISTEN CAREFULLY



THE INTRODUCTION



THE INSPIRATION WITH MR. NICK GILLISPIE



THE INSTRUCTION

THE BIG PICTURE

Listening is one of the most generous gifts I can freely offer to a fellow human being. It costs nothing for me to give, but a listening ear means everything to the person on the receiving end. Everyone wants to be heard, because everyone longs to be known and understood. Sadly, active listening is an increasingly lost art form, and the consequence is shallow relationships and disconnection from one another.

THE BASIC PRINCIPLES

- Listening establishes trust.
- Listening expresses care.
- Listening engages the heart.
- Listening expands perspective.
- Listening enhances influence.

THE BEST PRACTICES

- Cultivate an attitude of curiosity.
- Ask great questions.
- Maintain good eye contact.
- Imagine yourself in others' situations.
- Verbally summarize what you are hearing.

THE BOTHERSOME PROBLEMS

- Talking too much, while saying very little
- Grown accustomed to noise and nonsense
- Shrinking attention span
- Tempted to reach conclusions too quickly
- Prone to label and categorize comments inaccurately

THE BOLD PROMISES

- You will be a consistent blessing to other people.
- You will be more in tune with yourself.
- You will experience more fulfilling relationships.
- You will avoid unnecessary relational conflict.
- You will have a better grasp of reality.



THE INTROSPECTION

CONSISTENT BELIEFS

Who do I feel is worth listening to?

CURRENT BEHAVIORS

What is my criteria for when I really pause to listen and with whom?

COURAGEOUS BECOMING

Would others describe me as a great listener, a selective listener, or a non-listener?

COMMON BARRIERS

When and why do I tune out or zone out instead of listening?

CRUCIAL BUILDING BLOCKS

What are the next steps in my journey of developing into a great listener?



THE INTERACTION



THE IMPLEMENTATION

WITHIN MY CHAPTER...

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SESSION FOUR

SESSION FOUR

LEARN DELIBERATELY



THE INTRODUCTION



THE INSPIRATION WITH MR. GABE DUNBAR



THE INSTRUCTION

THE BIG PICTURE

Learners are leaders. Those who stop learning stop leading. The one constant in life is constant change, so learning must be a priority for those who want to make a meaningful contribution in a rapidly changing world. Furthermore, leaders worth listening to are learners who, when faced with new information, are humble enough to regularly change their minds.

THE BASIC PRINCIPLES

- Learning is not exclusive to the classroom.
- Learning is not earmarked only for the smartest geniuses.
- Learning is both a disposition and a discipline.
- Learning should result in both knowledge and wisdom.
- Knowledge is power and wisdom is responsibility.

THE BEST PRACTICES

- Explore new environments
- Engage new people
- Experiment with new opportunities
- Embrace new ideas
- Experience new possibilities

THE BOTHERSOME PROBLEMS

- Lack of humility: I think I already know it all
- Excluding ideas that do not reinforce my current belief system
- Preferences for prejudices and stuck in stereotypes
- The simplicity of black-and-white thinking that does not allow for diverse ideas or address complex issues
- Comfortability with conformity and a distaste for differences

THE BOLD PROMISES

- Deliberate learners are those whom people will follow.
- Deliberate learners are fantastic friends and family members.
- Deliberate learners are the promotable problem-solvers who will shape the future of their careers.
- Deliberate learners are never stale or stuck, and are always creating new opportunities for themselves and others.
- Deliberate learners are happier and healthier over the course of their lives.



THE INTROSPECTION

CONSISTENT BELIEFS

What role do I feel the routine of learning should play in my life?

CURRENT BEHAVIORS

What is my personal investment in learning new things and exploring new ideas?

COURAGEOUS BECOMING

In what areas do I hope to be a lifelong learner and growing expert?

COMMON BARRIERS

What gets in the way of me setting aside the time, exerting the energy, and investing in learning inside and outside of the classroom?

CRUCIAL BUILDING BLOCKS

What are my next steps in growing as a deliberate and intentional learner?



THE INTERACTION



THE IMPLEMENTATION

WITHIN MY CHAPTER...

ON MY CAMPUS...

THROUGHOUT MY COMMUNITY...

ACROSS MY COUNTRY AND AROUND THE WORLD...

LEVERAGE STRATEGICALLY



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THE INSTRUCTION

THE BIG PICTURE

I have one life to live and only a short time frame to make a meaningful investment in this world. So during my brief stint on this planet, I have the opportunity to leverage my personality, strengths, and core values to make the world a better place by improving people's lives. I can make a real difference!

THE BASIC PRINCIPLES

- My legacy will be judged by my investment of time, talents, and treasure.
- Time can be invested or spent, but not saved.
- Life is like a mist and is only a dot on the line of eternity.
- I own nothing; everything I have is on loan to me.
- A sense of entitlement is the thief of joy.

THE BEST PRACTICES

- **S**elf-aware
- **T**houghtful
- **R**esponsible
- **A**lert
- **T**rustworthy
- **E**valuative
- **G**enerous
- **I**nquisitive
- **C**ooperative

THE BOTHERSOME PROBLEMS

- Too many choices
- Too little time
- Too much distraction
- Too small of a life vision
- Too few inspiring companions

THE BOLD PROMISES

- You will materialize core values into a compelling vision.
- You will methodize your perspective into a strategic plan.
- You will mobilize likeminded comrades to join your efforts.
- You will maximize a positive and meaningful impact for improving people's lives.
- You will minimize missed opportunities for making the world a better place.



THE INTROSPECTION

CONSISTENT BELIEFS

Do I believe that I am an owner or a steward of my time, talents, and treasure?

CURRENT BEHAVIORS

In what ways do I currently utilize my time, talents, and treasure for myself and others?

COURAGEOUS BECOMING

At the end of my life, what will I want to be true of how I have leveraged my time, talents, and treasure?

COMMON BARRIERS

What prevents me from maximizing my time, talents, and treasure in a way that reflects my unique personality, strengths, and core values?

CRUCIAL BUILDING BLOCKS

Even now in my 20s, how can I better invest my time, utilize my talents, and multiply my treasure in the most strategic way?



THE INTERACTION



THE IMPLEMENTATION

WITHIN MY CHAPTER...

ON MY CAMPUS...

THROUGHOUT MY COMMUNITY...

ACROSS MY COUNTRY AND AROUND THE WORLD...

SESSION SIX

LOVE EXTRAVAGANTLY



THE INTRODUCTION



THE INSPIRATION WITH DR. TYLER SCHWANZ



THE INSTRUCTION

THE BIG PICTURE

Love is the greatest force in the world. In fact, the combination of being fully known and unconditionally loved is at the heart of humanity's greatest need and deepest desire. However, most of us feel as if we lack the love we crave while simultaneously offering a cautious-and-strings-attached love in our relationships with others. As a result, the hope of giving or receiving extravagant love seems quite unlikely.

THE BASIC PRINCIPLES

- Love is a choice and a feeling.
- Love is the ultimate goal in everything.
- Love often feels risky.
- Love requires consistent attention and constant action.
- Love is always sacrificial by nature.

THE BEST PRACTICES

- Master the five love languages.
- Practice loving those who seem unlovable, as well as those who have nothing to offer in return.
- Love will strive to meet the urgent, short-term, and long-term needs of those who struggle and suffer.
- Talk to every human being you meet as a friend.
- Treat every human being you encounter as family.

THE BOTHERSOME PROBLEMS

- Goal of getting instead of giving
- Fear of rejection
- Demand for reciprocation
- Leaky bucket syndrome
- Expectation that people can meet all of my needs

THE BOLD PROMISES

- You will experience true intimacy.
- Your heart will feel quite full and content.
- You will be appreciated and adored.
- You will dodge loneliness and isolation.
- You will feel truly alive.



THE INTROSPECTION

CONSISTENT BELIEFS

What are the possibilities of and the problems with extravagant love?

CURRENT BEHAVIORS

How do I express love to others?

COURAGEOUS BECOMING

What choices do I need to make now so that at the end of my life, I will be remembered as one who loved others extravagantly?

COMMON BARRIERS

How and when am I most unloving and why?

CRUCIAL BUILDING BLOCKS

What are the essential ingredients required for me to mature into a truly loving person?



THE INTERACTION



THE IMPLEMENTATION

WITHIN MY CHAPTER...

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SESSION SEVEN

SESSION SEVEN

LEAD HEROICALLY



THE INTRODUCTION



THE INSPIRATION WITH DR. MICHAEL BROWN



THE INSTRUCTION

THE BIG PICTURE

The world is desperate for heroic leaders who are selfless, sacrificial, and serious about investing in that which will outlive them. However, most leaders fail the humility test, are preoccupied with the here and now, and make decisions that are primarily self-promoting. Servant leaders, in contrast, think first of empowering and elevating others, while inspiring the people around them to achieve more than they would have otherwise imagined.

THE BASIC PRINCIPLES

- Leaders are both born and made.
- Leadership is intentionally inspiring and influencing individuals.
- Very few individuals champion the causes that truly matter.
- Leaders are L.I.F.E.G.I.V.E.R.'s.
- If you don't step forward to lead, someone else will.

THE BEST PRACTICES

- Prioritize unwavering character.
- Cultivate magnetic charisma.
- Develop reliable competence.
- Exhibit enduring commitment.
- Advance noble causes.

THE BOTHERSOME PROBLEMS

- Neglecting one or more dimensions of life
- Prioritizing position, prosperity, and power over people
- Stuck in and swayed by the moment, without long-term thinking
- Insistence on fast results and immediate rewards
- Burning out, cashing out, or flaming out

THE BOLD PROMISES

- Your impact will outlive you.
- Your legacy will be changed lives.
- Your reputation will be untarnished.
- Your final days on this earth will be without regrets.
- Your example will be emulated by others who follow.



THE INTROSPECTION

CONSISTENT BELIEFS

What is my mission and my motives as a young leader?

CURRENT BEHAVIORS

What are my strengths and style as a leader?

COURAGEOUS BECOMING

What are admirable qualities of respected leaders that I hope to embody in the future?

COMMON BARRIERS

What are my present-day leadership weaknesses and deficiencies?

CRUCIAL BUILDING BLOCKS

What are specific strategies for me to develop in the leadership essentials of character, charisma, competence, and commitment?



THE INTERACTION



THE IMPLEMENTATION

WITHIN MY CHAPTER...

ON MY CAMPUS...

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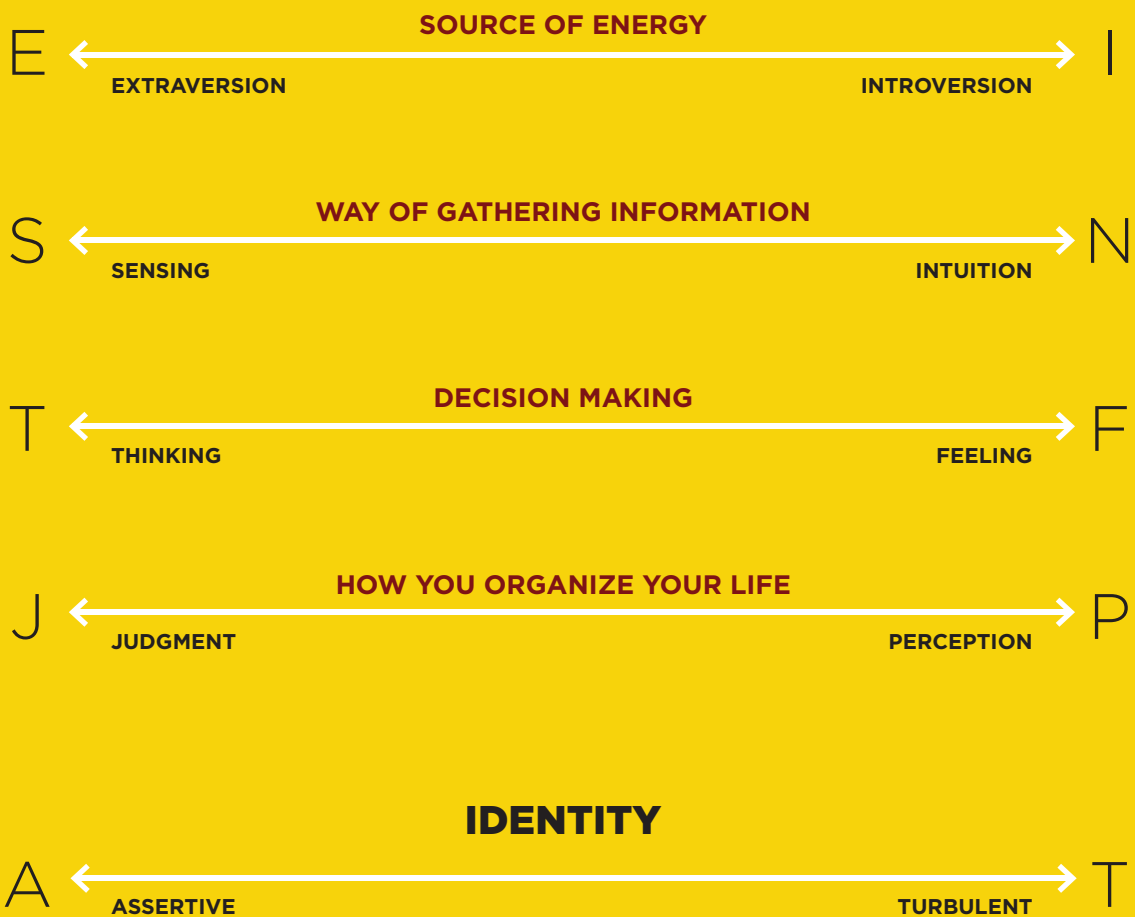
ACROSS MY COUNTRY AND AROUND THE WORLD...

APPENDIX 1: MEYERS-BRIGGS PERSONALITY TYPES

The Meyers-Briggs Personality Type Indicator is a time-tested tool available to learn more about the 16 general personality types, as well as helping individuals identify their own personality composite.

Visit www.16personalities.com

FOUR PREFERENCES



ISTJ Logistician Organizer Compulsive Private Trustworthy Practical MOST RESPONSIBLE Does what needs done	ISFJ Defender Amiable Behind The Scenes Ready To Sacrifice Accountable Prefers Doing MOST LOYAL High sense of duty	INFJ Advocate Reflective Introspective Quietly Caring Creative Linguistically Gifted MOST CONTEMPLATIVE Inspiration to others	INTJ Architect Theory Based Skeptical “My Way” Needs Competency World Is A Chessboard MOST INDEPENDENT Everything can improve
ISTP Virtuoso Very Observant Cool and Aloof Hands-On Practicality Unpretentious Ready For Whatever MOST PRAGMATIC Will try anything once	ISFP Adventurer Warm and Sensitive Unassuming Short Range Planner Good Team Member In Touch With Self MOST ARTISTIC Sees much, shares little	INFP Mediator Strict Personal Values Seeks Inner Order Creative Non-directive Reserved MOST IDEALISTIC Helper to the hurting	INTP Logician Challenges Others Absent-minded Needs Competency Socially Cautious MOST CONCEPTUAL Loves problem solving
ESTP Entrepreneur Unconventional Fun Gregarious Lives For The Moment Problem Solver MOST SPONTANEOUS The ultimate realist	ESFP Entertainer Sociable Spontaneous Loves Surprises Cuts Red Tape Juggles Many Projects MOST GENEROUS Enjoys the thrill of life	ENFP Campaigner People Oriented Creative Seeks Harmony Life of the Party More Start Than Finish MOST OPTIMISTIC Lives life to the fullest	ENTP Debater Argues Both Sides Brinksmanship Tests The Limits Enthusiastic New Ideas MOST INVENTIVE Loves a challenge
ESTJ Executive Order and Structure Sociable Opinionated Results Driven Producer MOST HARD CHARGING Gets it done now	ESFJ Consul Gracious Good Interpersonal Skills Thoughtful Appropriate Eager To Please MOST HARMONIZING Invites and includes	ENFJ Protagonist Charismatic Compassionate Possibilities For People Ignores The Unpleasant Idealistic MOST PERSUASIVE Successful smooth-talker	ENTJ Commander Visionary Gregarious Argumentative Systems Planners Take Charge MOST COMMANDING Someone others follow

Special thanks to the great minds at www.16personalities.com and **Otto Kroegeer Associates** for their creative language that adds depth and description to the Meyers-Briggs Personality Type Indicator.

APPENDIX 2: STRENGTHSQUEST

The purpose of StrengthsQuest (www.strengthsquest.com) is to start you on the path to developing your strengths by helping you discover your most dominant talents. Talents, as they are cultivated over time, will often develop into strengths.

Achiever	Deliberative	Learner
Activator	Developer	Maximizer
Adaptability	Discipline	Positivity
Analytical	Empathy	Relator
Arranger	Focus	Responsibility
Belief	Futuristic	Restorative
Command	Harmony	Self-Assurance
Communication	Ideation	Significance
Competition	Includer	Strategic
Connectedness	Individualization	Woo
Consistency	Input	
Context	Intellection	

The identification of strength-themes is significant, but there is also great value in learning which of the four domains of leadership strength (executing, influencing, relationship building, and strategic thinking) hold your five talents/strengths.

EXECUTING	INFLUENCING	RELATIONAL	STRATEGIC
Achiever	Activator	Adaptability	Analytical
Arranger	Command	Connectedness	Context
Belief	Communication	Developer	Futuristic
Consistency	Competition	Empathy	Ideation
Deliberative	Maximizer	Harmony	Input
Discipline	Self-Assurance	Includer	Intellection
Focus	Significance	Individualization	Learner
Responsibility	Woo	Positivity	Strategic
Restorative		Relator	

Special thanks to Dr. Donald Clifton for his fantastic contribution to helping human beings better understand themselves!

A PORTRAIT OF **REAL** MANHOOD

R **REJECT PASSIVITY AND IRRESPONSIBILITY**

Men don't have to be lazy, undisciplined, unproductive, or numb. They can stop coasting and instead choose to live life on purpose and with clear intentions and direction.

E **EXHIBIT HONESTY AND INTEGRITY**

Men don't have to hide, lie, pretend, distance themselves from people, or keep that big secret. They can be truth-tellers in every situation and in every relationship.

A **APPRECIATE TRANSPARENCY AND CONNECTEDNESS**

Men don't have to wear a mask, keep real feelings bottled up, or trudge through life alone. They can initiate, cultivate, and enjoy transformative platonic friendships and meaningful intimate relationships with others.

L **LEAD INTENTIONALLY AND AUTHENTICALLY**

Men don't have to shrink back, hesitate, avoid risks, or wait for someone else to take the initiative. They can try new things, seize opportunities, and refuse to be immobilized by insecurity or fear of failure.

THE LIFE GIVER MODEL

L Loving

I Intentional

F Fun

E Expressive

G Generous

I Inquisitive

V Vigorous

E Enthusiastic

R Responsive

TWELVE DIMENSIONS OF LIFE





MEET THE COACHES

Dr. Michael Brown

Dr. Michael Brown is the Founder, Lead Coach, and Chief Consultant of **DMB Coaching**. Over the past two decades through national leadership as a management consultant, life coach, motivational speaker, and organizational architect, Michael has engaged thousands of university and community clients in exploring their purposes, relationships, and directions, with special emphasis on developing in each of the Twelve Dimensions ® of Life.

Michael travels extensively regionally and nationally – sharing with college students, higher education professionals, business leaders, and faith communities his insights on human development, life management, dynamic relationships, social justice, redesigning and rebranding organizations for success, and his original Lifegiver ® Leadership Model.

Having studied journalism [B.A.] and political science at Ohio University; counseling and communication [M.Min] at Moody Theological Seminary in Chicago; and higher education administration [Ph.D.] at Bowling Green State University, Dr. Brown is the author of the “Twenty-One Father-Son Conversations About Love, Dating, Marriage, and Sexuality.”

Michael has a passion for leading the charge with his wife (Teresa) of 26 years, four sons, and five daughters to be a force of positive change within culture. The Brown Family has served as a household for dozens of foster children over the past 15 years and were selected as the 2008 Bowling Green Family of the Year. Michael’s personal hobbies include rigorous exercise, presidential politics, people watching, and peanut butter.

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MEET THE COACHES

Shawn Cramer

Shawn Cramer has invested the past decade assisting college men in achieving their personal and professional goals as a Director of Campus Ministry for a consortium of twelve university campuses in the greater Denver area. After meeting with thousands of young men from all across the world, he distills this wisdom into powerful coaching opportunities in order to help young men take practical steps into a positive and progressive portrayal of manhood.

With an enthusiastic social media following, Shawn furthers this masculine developmental theme by turning parenting moments with his son into engaging posts called Man Training. He holds a B.S. in Mathematics from the University of Northern Colorado and an M.A. in Theology and Urban Development from Western Theological Seminary.

Shawn married his high school sweetheart, Shayna, and together they have two kids: Jace, a seven-year-old man-child, and Kylie, a four-year-old independent spirit.



MEET THE COACHES

Nick Gillispie

Nick Gillispie has spent the better part of the past twelve years mentoring college men. He devotes the best hours of each day investing in the future generation through his role as the Campus Ministry Director at Bowling Green State University. Specializing in the development of the emotional and spiritual dimensions of college men's lives, Nick's passion is to empower them to make choices today in light of who they hope to become tomorrow.

Nick is a life coach for men from all backgrounds, including college athletes, military students, and even a notable rap artist. As a member and advisor of Sigma Alpha Epsilon, Nick also has extensive knowledge of the Greek Community and enjoys challenging and supporting fraternity men in becoming the best version of themselves. He is uniquely equipped to assist fraternity members in overcoming the obstacles in their lives that prevent them from achieving their goals. Nick also serves alongside of Dr. Michael Brown in advising the Vanguard Men's Community at BGSU, which is the largest mentoring initiative of its kind on a college campus in America.

Nick is married to his amazing wife, Ali, who has been the single most influential person in his growth as a distinguished leader. The Gillispies have four rowdy kids: Grant (9), Madison and Riley (8), and Griffin (5). In his spare time, Nick loves working with his hands, fitness training, and dabbling in the art of brewing beer.



MEET THE COACHES

Gabe Dunbar

Gabe Dunbar has served as a higher educational professional for the past seven years at three different universities: Michigan State University as a mentor in the Honors College, Siena Heights University as the Director of Student Engagement and Assistant Dean for Students, and most recently at Bowling Green State University working predominantly with military and non-traditional students. While at Siena Heights University near Detroit, Gabe worked closely with Greek Life chapters at this Catholic liberal arts institution in their recruitment efforts, philanthropic priorities, and leadership development.

At the center of each of Gabe's professional roles is mentoring and coaching students who find themselves within a variety of seasons and stations of life. Even now, he serves as a mentor for the Vanguard Men's Community at BGSU, a thriving men's movement on campus where highly-visible Greek leaders gather to become the best versions of themselves. Gabe graduated with a degree in Mathematics from Indiana Wesleyan University, and he earned a Master's degree in Student Affairs Administration from Michigan State University.

Gabe is married to his wife Shauna of five years and father to two children: Harper (3), and Griffin (2). Gabe is a sports enthusiast and loves being outside working on his lawn and chasing his kids around!



MEET THE COACHES

Dan Costello

Dan Costello has established himself as a leader in the automotive industry where he has ascended to the position of Advanced Purchasing Manager at Dana Incorporated in Maumee, Ohio. Since his undergraduate years at the University of Toledo as a peer mentor of male college students, Dan continues to grow in his passion for developing men and assisting them in discovering and cultivating their purpose in life.

Besides his work as an executive coach, Dan currently supervises a team of five ambitious employees at Dana. In fact, since graduating from the University of Toledo with a Business degree, he has infused his passion for intentionally developing people into the fabric of his career. His corporate senior leadership team recently selected Dan to create a professional development plan to leverage the leadership potential of Dana's 300+ purchasing employees globally through one-on-one mentoring and coaching.

At the end of the day, what is most important to Dan is his incredible wife Laura of six years, his almost two-year-old son Samuel, and their highly anticipated new baby boy due this March. Some of Dan's personal interests are performing as a percussionist, running, journaling, and sports of all kinds (as both an athlete and spectator).



MEET THE COACHES

Dr. Tyler Schwanz

Dr. J. Tyler Schwanz helps to lead one of the largest and fastest growing chiropractic masterminds in the nation. He holds weekly conference calls with graduate students and business owners in an effort to collectively raise the bar within the chiropractic profession, as well as inspire every human being he encounters to dream a bit rebelliously, take risks courageously, and live life without fear. Based out of Waterville, Ohio, he co-owns and operates Rebel Chiropractic, and serves the Northwest Ohio region with Gonstead chiropractic care. He graduated magna cum laude from The Ohio State University with a degree in Health Sciences and summa cum laude from Life University in Marietta, GA with his Doctor of Chiropractic degree.

Most recently, Tyler has joined DMB Coaching as a featured blogger to share his inspiring insights and expand his voice nationally. Already a sought-after motivational speaker on a variety of health and wellness topics, Tyler is a featured presenter at AMPED (Advanced Mentorship Program for Entrepreneurial Development) Live Events across the country, where he speaks about life transitions, creating cultures of community, and ironically, servant leadership.

Dr. Schwanz is husband of seven years to Kelsey and father to two sons: Ellet and Holden. When Tyler is outside of the office or not speaking at large-scale events, he enjoys deer hunting, traveling, and snowboarding.

