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## GETTING FIT

### *Unleash the Power of Fully Integrated Teams*

*FIT stands for the Power of Fully Integrated Teams.* Leaders are becoming more than figureheads and bosses but team players who spur their organizations on toward effective change. Drawing on 35 years of experience in the consumer packaged goods industry, Jim Leighton brings professional insight and personal stories to demonstrate how individuals and teams can achieve their highest potential. FIT unlocks the purpose of each individual to reveal how healthy organizational culture is built. Jim offers practical tools that demonstrate how to employ our needs, skills and passions for dynamic personal and professional success. FIT elevates energy levels, prepares us with grit to overcome obstacles and inspires us to help others find their own FIT. Jim's time-tested strategies and leadership best practices are guides to creating an authentic life and legacy.



# UNLEASH THE POWER OF FULLY INTEGRATED TEAMS

"Having seen, first-hand, Jim apply the principles of FIT, I can personally attest to the powerful impact this had on our business results and on people's lives."

— DEAN HOLLIS  
Retired President, COO, ConAgra Foods

"Practical experience-based wisdom for helping teams realize their full potential. A very approachable and worthy read."

— DOUGLAS R. CONANT, Former  
President, CEO and Director, Campbell  
Soup Company, New York Times  
best-selling author of *TouchPoints*

"If you think this book is just about team performance, you're in for a gratifying surprise. Jim is a student of life and brings together many significant lessons about meaning, work, leadership and happiness. He links keen insights to a series of steps for bringing almost any kind of team together for greater purpose, effort, outcome and personal well-being."

— JOHN DELANY, Founder, Giraffe LLC,  
Author of *Piloting Strategy*