

WELCOME TO



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The Power of the Extra Degree

Presented By

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Make A New Friend (or 3)

Share one thing from a session today
that you want to implement

What roadblocks might stand
In your way?



212° the extra degree®

AT 211 DEGREES, WATER IS **HOT.**
AT 212 DEGREES,
IT BOILS.



AND WITH BOILING WATER, COMES

STEAM.

AND WITH STEAM, YOU CAN

POWER

A TRAIN.

**ONE EXTRA DEGREE =
EXPONENTIAL
RESULTS**

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COMMITMENT
EFFORT **AND**
PERSISTENCE

“ Some men give up their designs when they have **almost reached** the goal; while others, on the contrary, obtain a victory by exerting, at the last moment, **more vigorous efforts than before.**”

Polybius (c. - 120 B.C.)
Greek statesmen & historian

**“Inches make
the champion.”**

Vince Lombardi (1914 - 1970)
Hall of Fame football coach

Professional golf

4 days of
professional golf

72 holes of
professional golf

2.52
STROKES average margin
of victory

780%
MORE
prize dollars

The Masters

(1990 - 2014)

\$917,640

1st place

\$518,757

2nd place

2.4

Stroke difference

77% MORE
prize dollars

The U.S. Open

(1990 - 2014)

\$891,600

1st place

\$475,702

2nd place

2.64

Stroke difference

87% MORE
prize dollars

The British Open

(1990 - 2014)

\$886,446

1st place

\$502,534

2nd place

2.72

Stroke difference

76% MORE
prize dollars

PGA Championship

(1990 - 2014)

\$905,800

1st place

\$522,426

2nd place

2.32

Stroke difference

73% MORE
prize dollars

2024 Summer Olympics

Women's 200 meters

1. [Gabby Thomas](#), United States, 21.83 🥇
2. Julien Alfred, Saint Lucia, 22.08 🥈
3. Brittany Brown, United States, 22.20 🥉
4. Dina Asher-Smith, Great Britain, 22.22
5. Daryll Neita, Great Britain, 22.23

Women's 10,000 meters

1. Beatrice Chebet, Kenya, 30:43.25 🥇
2. Nadia Battocletti, Italy, 30:43.35 🥈
3. Sifan Hassan, Netherlands, 30:44.12 🥉
4. Margaret Chelimo Kipkemboi, Kenya, 30:44.58
5. Lilian Kasait Rengeruk, Kenya, 30:45.04

Women's shot put

1. Temisi Ogunleye, Germany, 20.00m 🥇
2. Maddison-Lee Wesche, New Zealand, 19.86m 🥈
3. Jiayuan Song, China, 19.32m 🥉
4. Jaida ross, United States, 19.28m
5. Lijiao Gong, China, 19.27m

Women's long jump

1. Tara Davis-Woodhall, United States, 7.10 meters 🥇
2. Malaika Mihambo, Germany, 6.98 meters 🥈
3. Jasmine Moore, United States, 6.96 meters 🥉
4. Larissa Iapichino, Italy, 6.87 meters
5. Ese Brume, Nigeria, 6.70 meters

2024 Summer Olympics

Men's 200 meters

1. Letsile Tebogo, Botswana, 19.46 🥇
2. Kenny Bednarek, United States, 19.62 🥈
3. Noah Lyles, United States, 19.70 🥉
4. Erriyon Knighton, United States, 19.99
5. Alexander Ogando, Dominican Republic, 20.02

Men's 110-meter hurdles

1. Grant Holloway, United States, 12.99 🥇
2. Daniel Roberts, United States, 13.09 🥈
3. Rasheed Broadbell, Jamaica, 13.09 🥉
4. Enrique Llopis, Spain, 13.20
5. Rachid Muratake, Japan, 13.21

Men's 4x100-meter relay

1. Canada, 37.50 🥇
2. South Africa, 37.57 🥈
3. Great Britain, 37.61 🥉
4. Italy, 37.68
5. Japan, 37.78
6. France, 37.81
7. China, 38.06

2026 Winter Olympics

Bobsled

Men's Four-Man, Final

FINAL

COUNTRY	ATHLETE(S)	RESULT
  Germany	Johannes Lochner, Jorn Wenzel, Thorsten Margis, Georg Fleischhauer	3:37.57 ◀
  Germany	Francesco Friedrich, Alexander Schüller, Felix Straub, Matthias Sommer	3:38.14
  Switzerland	Michael Vogt, Andreas Haas, Amadou David Ndiaye, Mario Aeberhard	3:38.64

Bobsled

Women's Two-Man, Final

FINAL

COUNTRY	ATHLETE(S)	RESULT
  Germany	Laura Nolte, Deborah Levi	3:48.46 ◀
  Germany	Lisa Buckwitz, Neele Schuten	3:48.99
  United States	Kaillie Armbruster Humphries, Jasmine Jones	3:49.21

emerald Awards



**AT ALL
MOMENTS**

“ The smallest act **today** is the capture of a strategic point from which, a few months later, you may be able to go on to victories you **never dreamed of.** ”

C.S. Lewis (1898 - 1963)
Irish writer & scholar

Be 212...

1 more contact daily = **200+** new opportunities

1 more risk weekly = **50+** new chances for good

A few more hours monthly = **1** work week annually

Be 212...

30 minutes = **180** hours

2 less distractions = **700+** focused moments

Be 212...

Forgive faster
once or twice a week

Give up the last word
in two “discussions” weekly

Be 212...

15 more minutes = **2** weeks at work

1 more thank you = **200+** signs of appreciation

212° the extra degree®

**AWAWARENESS =
RESPONSIBILITY**

“ Never doubt that a small group of thoughtful, committed citizens can **change the world**. Indeed, it's the only thing that ever has.”

Margaret Mead (1901 - 1978)
American cultural anthropologist

How to Be Resilient

resilient: (adj.) capable of bouncing back from or adjusting to challenges and change

- 1.** Focus on results
- 2.** Make lessons of failures
- 3.** Continue on
- 4.** Support (remind & encourage)



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the extra degree[®]



What is YOUR extra degree?

Tell Us What You Think!

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in the room**

Thank You For Attending!



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