

Success is Never Accidental – Lessons from Unstoppable Tracey Schmitt

This wasn't what I planned to write about this week but I had a call two days ago from my great friend, the amazing and unstoppable Tracey Schmitt who lives and works in Toronto.

Tracey was born a four-way amputee but has never allowed that to stop her from achieving greatness and her courage and attitude inspires everyone around her. She has always not only kept up with her peers but excelled at everything she puts her mind to. So here are 3 strategies for success from Tracey.

1. First is **never give up**. Success is about perseverance and determination. No matter what challenge you face, there is always a way. When times get tough that is when you have to dig deeper and be open to all the potential possibilities and opportunities. Ask what am I not seeing? Who else can help me? What would my coach say? If there was a way, what would it be?



In her book "Unstoppable You", Tracey shares numerous insights into how she learned to ski, canoe, sail, climb mountains, rappel and numerous other challenging physical activities by having great strategies for success, the biggest of which is perseverance.

2. Secondly, success depends on **believing in yourself**. As we have discussed on numerous occasions in this series, mindset is everything. Believing that you can achieve what sometimes seems impossible, is one of the most important keys to success. Tracey says 'courage is not being without fear, it is about carrying on in spite of fear'. Having worked with Tracey in a global leadership group I have been witness to how her self-belief has carried her through some quite intimidating situations and of course for the rest of us, she set such a high standard, because if she could do it, we had to.
3. Thirdly, **leave no one behind**. Inspired by her mother's teaching that it is important no one gets left behind, Tracey is such a team player. She understands the importance of the concept of a team, how to build trust within teams and the need to challenge situations which undermine the unity of the team, for the greater good. As a motivational coach and keynote platform speaker, Tracey has worked with teams all over Canada and internationally to help leaders motivate and inspire their teams.

So when facing the next challenge think of Tracey and ask how can I be unstoppable too? Visit www.unstoppabletracey.com to get her book Unstoppable You

For more information on my leadership skills programme or access to blogs on this series please visit my website at www.lynnpeyton.com