



ROCKW



The Rotary Club of San Francisco West

Meetings: Tuesday mornings, 7:30 a.m., Lakeside Restaurant, Ocean Ave

November 10th, 2009

WELCOME: Rotary Club Guests and Our

SPEAKER:

PAUL KINGSMAN



Paul Kingsman, winner of the bronze medal in the 200 meters backstroke at the 1988 Summer Olympics in Seoul, South Korea. In 2001, he moved to the San Francisco Bay Area, he worked in the financial services industry and is now a professional motivational speaker and certified executive coach, and an expert on how to make split seconds count. He teaches people how to overcome distractions and maintain focus, so they can achieve the success they want. Paul knows the importance of keeping focused in life's split seconds first hand: he trained for 13 years to swim a 2 minute

backstroke race at the Olympics, and won a medal by only four one-hundredths of a second. After retiring from competitive swimming, Paul applied the same success habits he had developed in sport to business, going on to achieve big results with some of the world's best-known companies, both in his native country of New Zealand and here in his adopted home of the U.S. He's managed Speedo New Zealand and worked as a high net worth advisor for both Morgan Stanley and Wells Fargo. He was also a charter member of [Harbor Rotary in San Rafael](#). Today, as professional speaker and executive coach, Paul teaches people how to defeat deadly distractions, make the best split-second decisions, and achieve outstanding long term results.

Thanksgiving dinner Deliveries are coming soon!
For the most fun since the Pilgrims sat
Down with the Minnionkas...Join us...
And bring a family a holiday, who see far too few.

And The Winner Is.....Us

San Francisco West Takes First Prize and the Blue Ribbon For
THE POCKET CHANGE FOR POLIO CAN CONTEST
We will take whatever we can get, whenever we can get it!

Be sure to check out the Rotary Channel on U-TUBE
You may give up regular TV forever!

