

THE MISSION

Building the next generation of community health leaders.

Fit To Lead trains youth, returning citizens, and community members to become health ambassadors, peer educators, and workforce-ready professionals who improve outcomes from within their own neighborhoods.

165+

COMMUNITY LEADERS
TRAINED

10

TRAINING COHORTS
COMPLETED

20+

YEARS OF LEADERSHIP

National

MEN'S HEALTH
RECOGNITION

THREE WORKFORCE PATHWAYS

01 / YOUTH

Fit To Lead Youth

Train high school students and young adults as Community Health Leaders.

- Leadership Development
- Public Speaking
- Health Promotion
- Community Engagement
- Workforce Readiness

OUTCOME Confident young leaders serving as wellness ambassadors.

02 / RE-ENTRY

Fit To Lead Re-Entry

Empower returning citizens to transform lived experience into leadership.

- Group Facilitation
- Health Coaching
- Leadership Training
- Communication Skills
- Workforce Preparation

OUTCOME Pathways to employment, purpose, and successful reintegration.

03 / ORGANIZATIONS

Organizational Licensing

Schools, nonprofits, and agencies implement the Fit To Lead system.

- Curriculum Licensing
- Instructor Training
- Implementation Support
- Evaluation Tools
- Engagement Framework

OUTCOME Sustainable community wellness infrastructure that scales.

WHY IT WORKS

Community-Based Built from within neighborhoods served.

Peer-Led Residents become the trusted messengers.

Workforce-Focused Creates practical, employable skills.

Data-Driven Participants collect and report community data.

Scalable Replicable across schools and agencies.

Measurable Tracks participation and outcomes.

Partner with Fit To Lead

Schedule a partnership conversation to bring the system to your community.

Rickym23227@gmail.com

By Appointment · Richmond, VA