

CSMTA ON Chapter Member Awareness

October 2017

Volume 3

This month's member highlight is **Jason White R.Kin, RMT,CAT(C), SMT(C)**, from Toronto, ON!

For new members to the association, what are your suggestions to become THE best sports therapist possible?

"Dream big, work harder and leave your ego at the door!" Jason believes being great at what you do is only a portion of your success. He feels mastering new skills, overcoming challenges, putting forth effort, and having a sense of satisfaction and enjoyment from his work are all intrinsic motivators. With an overall balance of both intrinsic and extrinsic (confidence, enjoyment and perseverance) motivators this can lead to many positive outcomes including greater satisfaction and an increase in work success. Jason believes "it is equally valuable to stay focused on the process and the results."

What is your biggest goal as a therapist to complete before you retire?

Jason started to swim at the age of 10 and continued into his late 20's. He was ranked 2nd provincially in Newfoundland and qualified for the Summer Canada Games! As it happens, due to unforeseen circumstances, he was unable to attend. He did continue to swim into his late 20's through Varsity and into Master's, where he was ranked top 3 nationally in his age group. "As a child, it has always been a dream of mine to compete in the Summer Olympics as a swimmer. Not to mention wearing the skin tight, form fitting Lycra Speedo." Even though his dreams of competing in Olympics have not come true, the dream of attending the Olympics, wearing the Canadian flag, and the red and white has. He has been nominated for Core Medical at the 2018 Pyeong Chang Winter Olympics!! His career dream is to attend a winter and summer Olympics Games. He is proud to say that he is half way there!

What was the biggest challenge you found when traveling to your most recent games?

Jason has been to several games and every experience has been different. The biggest challenge he continues to have are wild card personalities. "Although we might wish for a personality transplant, that's not going to happen. We can't control or change the personality of the person but we certainly can control our own emotions and change the way we react. Seize the situation as sign to look inward and learn from it!"

Do you still connect with other HCP's from the Commonwealth Games?

"Yes, the bonds, relationship and network's you build are incredible," he says. Throughout his journey he has met amazing mission staff, athletes, coaches, attachés and even a few fans. He still continues to keep in touch and connect with the men and woman he has met. His last words of the interview, "remember our world of 'therapy' is a small one and we are continually on the move as we are aiming to achieve the same thing – lasting memories of the thing we enjoy most!"

Quote of the interview:

"Success isn't a destination; it's the way in which you choose to walk the path"
-Jason White