

The Greater Bethesda Chamber of Commerce has implemented three goals in our new strategic plan. Two of our goals are to attract and serve a diverse group of members from all industries representing businesses in Greater Bethesda and to grow awareness of the Chamber among both members and the public.

Living up to these principles, we invite you to celebrate Black History Month with us through our third annual member spotlight series. This special feature helps our communities learn more about some of its leaders and their impacts they make every day.

Today, we would like you to get to know Tiffany Nesfield, Owner, Personal Trainer, & Massage Therapist for Nesfield Performance.

As a native Marylander and former University of Illinois Division I track and field athlete, Tiffany has been an active member of the fitness industry for 15 years. In addition to working with Division I, post-collegiate and professional athletes as well as the public, she spent more than a year traveling around the world training professional tennis player Daniela Hantuchova.

Tiffany provides a unique set of skills to teach you the diverse, effective strategies you can count on during your journey into healthy living. As a certified Active Release Techniques (ART) and NeuroKinetic practitioner, she offers an extra layer of knowledge about the human body that rounds out her services, enabling her to treat various systems of your body so you learn how to not only adopt but sustain a holistic healthy lifestyle.

Tiffany is dedicated to working with her clients to provide the physical training, nutritional coaching, and massage therapy necessary to train safely and effectively. She is passionate about training and helping others live active, healthy lifestyles. Let her be a part of your journey toward a holistic life!

We asked Tiffany three questions surrounding leadership and goals. Read her responses below.

1. As you look back over your life, at what point did you begin to think of yourself as a leader?

I have not always viewed myself as a leader; however, as I reflect on my life, I realize I have unknowingly been a leader from a very young age. In elementary school, I took any opportunity I could to run for leadership roles in activities like drama club and student government. I liked taking on different projects and initiatives within those roles because I've always desired to learn new things to serve others better.

In high school and college, I stayed active in the same way but unbeknownst to many people, while I don't mind being a leader, I don't care to be in the spotlight. In most cases of my life, whenever there is a need for a leader, I usually sit back and wait for someone else to volunteer, however, it is hard for me to see a need go unmet, and if someone does not step up to the plate, I will. Regarding my participation in current-day leadership, I believe my natural humility and desire to get the work done but not focus on the "glory" makes me an effective leader.

2. Do you have a vision that guides your body of work? If so, has it changed over time or remain the same?

I genuinely believe that if you are going to attempt to do anything, you should give 100% of your effort. This has been a personal mantra for me since my early years, and it has not wavered; however, as I've evolved and matured, I recognize that with an increase in responsibility, it is easy to get distracted, which can impact one's ability to give 100% attention and effort. As a result, I am mindful of creating adequately scheduled space and time for work, creativity, philanthropy, personal endeavors, and rest so I can stay focused and give 100%.

3. Does the work you do now play a part in the legacy you wish to leave behind? If not, describe what tools you need to help you achieve your goals.

Being the owner of a fitness company, it is easy to assume that my goal would be for my clients and community to show up in perfect physical shape; however, I want my clients and my community to be holistically well. My company focuses on enhancing one's mindset, physical, nutrition, regeneration, and lifestyle practices which will ultimately have a positive impact on their quality of life; and that is my legacy – helping others to make the mind-body connection of their external and internal challenges and improving their physical health so that they can perform better in all areas of the lives.

In addition to coaching others to perform better in life, I desire to give back to my community and ensure that my neighbors have access to the resources, volunteers, information, and people that will help them to have fun, grow and be accountable simultaneously. I've created a nonprofit arm of my business, and I am working on several projects that will aid me in achieving both goals. While the status of the goals varies, I am excited to see my vision for these initiatives come to life.

Visit www.nesfieldperformance.com to learn more on how Tiffany and her staff can help you perform at your best.