

Kareem Rogers, EC5, DL4

"T-Factor"
Education Speaker

Kareem Rogers, better known as The Fit Recruiter, is a career coach, recruiter, and speaker who blends fitness principles with professional growth strategies. With over 8 years of HR and recruiting experience, a SHRM-CP certification, and multiple coaching credentials, he has helped countless professionals stand out and secure roles that align with their strengths.

A 2023 District 103 International Speech Contest Champion, Kareem brings energy, authenticity, and practical insight to every stage he steps on. His mission: to empower ambitious professionals—his "Strength Seekers"—to build bigger salaries and stronger careers.

T-Factor Education Session

"Spotters Make You Stronger: The Untapped Power of Teamwork in Toastmasters and Beyond"

Nobody lifts heavy alone and nobody leads effectively without a team. In this session, Kareem Rogers — **"The Fit Recruiter"** — draws parallels between teamwork in the gym, collaboration in the workplace, and the supportive structure of Toastmasters clubs.

Learn how to build:

1. Stronger teams
2. Foster accountability
3. Ensure no one in your club (or career) gets "stuck under the bar."

Expect interactive insights that will strengthen both your leadership and your communication skills.