

Ken Craft and Mona Pretorius On The Topics Of Homelessness and Fitness with Fotis Georgiadis

Ken Craft, CEO of Hope of The Valley Rescue Mission. Mona Pretorius, founder of RAWR Strength

GREENWICH, CT, USA, March 10, 2021 /EINPresswire.com/ -- Fotis Georgiadis, owner of the blog by his namesake, is a branding and image consultant specialist with a robust background and is a visionary interviewer. With a knack for pulling out a well-rounded interview, not only covering cutting edge technologies and corporate directions but also bringing out the personal side of the interviewee.



Ken Craft, CEO of Hope of The Valley Rescue Mission

Building your company back after going through a year of complete uncertainty is a daunting task. Fotis Georgiadis can help push your brand out there. Below are two recent interviews with his clients, helping them build a solid footprint across the internet. Reach out to him at the below contact options to get ahead of your competition.

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I put in everything I had to
to be the best I can be.”

*Mona Pretorius, founder of
RAWR Strength*

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Ken Craft, CEO of Hope of The Valley Rescue Mission
Can you share three things that the community and society
can do to help you address the root of this crisis? Can you
give some examples?

People who genuinely care about the homeless crisis can give their TIME, TALENT and TREASURE or said another way, their WISDOM, WEALTH or WORK. Amazing things happen when we take the time to get to know someone who is homeless. Oftentimes, people live in fear of the homeless as if they are sub-human. Nothing could be further from the truth. They are people like you and me who have fallen on hard times. Imagine what the world would be like if we embraced our brothers and sister in need instead of shunning them. Every day I see hero's who teach classes for our clients, mentor those in need and financially give generously. I am reminded of an LA based company, Beachbody Inc. who is offering each of their three hundred

employees 3 paid days to volunteer at the Mission. Amazing!

If you had the power to influence legislation, which three laws would you like to see introduced that might help you in your work?

We as a society, health care professionals, must have the right to conserve people that are severely mentally ill living on the streets. It is inhumane to allow people to defecate on themselves and sit on park benches in a perpetual state of incoherency.

Mandate that every community provide services for their homeless. Many hands make light work and no community is “too good” that they cannot and should not help share the burden.

Mandate drug diversion programs in our corrective institutions for substance abuse offenders.

I know that this is not easy work. What keeps you going?

I derive ultimate satisfaction and pleasure knowing that I am living a life of purpose. Someone once said that there are three levels of living, Survival, Success and Significance. The work that we do is not about success, in the normal metrics of success...what we do is about significance.... Living a life of purpose and meaning, empowering others to transform their lives.

Read [the full interview available here](#)

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Mona Pretorius, founder of RAWR Strength

We would like to explore and flesh out the trait of resilience. How would you define resilience? What do you believe are the characteristics or traits of resilient people?

My definition of resiliency is being able to make something work no matter what gets thrown your way. You put your head down and continue to work hard to achieve your dreams and goals. Being a resilient person also helps you bounce back from a setback a lot faster. It doesn't mean that you won't get affected by the setback because we are human after all. It just means we go back to the drawing board, see where we went wrong and continue to move forwards.

Characteristics of a resilient person in my opinion is a hard worker no matter what happens. You keep your eye on the goal and you stay as motivated as possible. You focus on what you can control rather than just worrying about all the uncontrollable out there that could affect us. You keep focused and calm during very stressful events and try and focus on the best possible outcome.

When you think of resilience, which person comes to mind? Can you explain why you chose that person?



Mona Pretorius, founder of RAWR Strength

David Goggins. He has overcome so much in his life and even with obstacles thrown his way he still focusses on what he can control and makes the best of it. He doesn't let negativity from the outside world stop him and he sets his eyes on a goal and puts in 110% daily to achieve that goal. He doesn't wait for things to happen but rather he makes things happen to be successful.

Has there ever been a time that someone told you something was impossible, but you did it anyway? Can you share the story with us?

Definitely. I was told I could never get my Honours Degree in Sport Psychology and be a professional at the same time. When they told me that I took that motivation and made it work. In my mind I felt like I have accomplished so much more already so why can I not do both and do well at both. It was extremely hard and it took a lot of sacrifices. But I made it work. I won international medals and still completed my degree with Honours.

[Complete reading the interview here](#)

You can reach out to Fotis Georgiadis at the below-listed website, email and social media links to discuss how he can help your brand and image.

About Fotis Georgiadis

Fotis Georgiadis is the founder of DigitalDayLab. Fotis Georgiadis is a serial entrepreneur with offices in both Malibu and New York City. He has expertise in marketing, branding and mergers & acquisitions. Fotis Georgiadis is also an accomplished VC who has successfully concluded five exits. Fotis Georgiadis is also a contributor to Authority Magazine, Thrive Global & several others.

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