

Life Time - Video Production | Top Performer and Everyday Hero_ Sean Adams

[MUSIC PLAYING]

Hi, everybody. Welcome.

Some of the things that I love about Life Time is that this company was founded on some incredible principles that I hold true to myself. People come through the door, they get greeted, they get surprised by a "good morning."

I like that. I like it when people take time to say hi. And so when I experience that, I want to translate that to what I am doing here. I always try to go above and beyond the expectations not only of myself, but even of the guests and the members. The first thing I say to them is welcome. This is your place. We're here to serve you.

Hi. How are you?

I'm well. Good to see you.

Yeah, thank you.

We get into discussions, talking about their story. Everyone's got an amazing, incredible story. And if we're willing to sit and listen to it, it's amazing what we'll glean from that. And I like to find that-- relating and relationships. That's exciting for me.

And so, yeah. I mean, I have fun when I come in here.

So I've read a lot of books on acting. And there's an author by the last name Meisner, and he talks about acting, you are always bringing in the element of who you are into this role, into this character.

Am I constantly performing? Absolutely. But I'm also still being who I am. And that's the true performer.