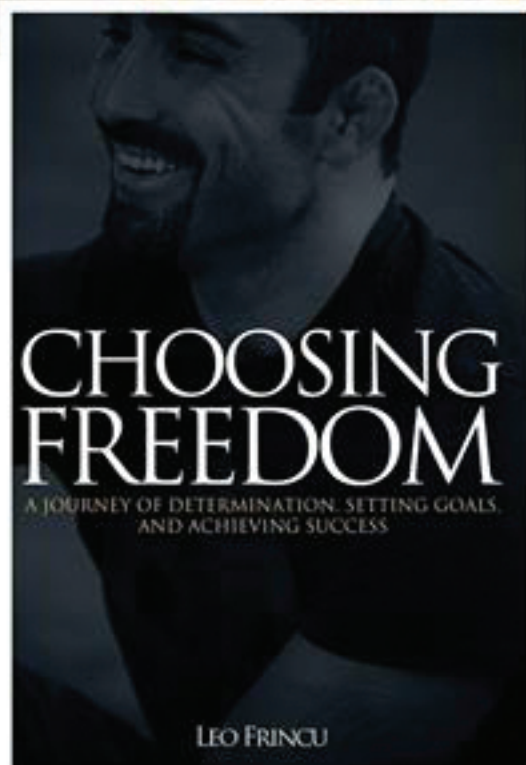


## LEO FRINCU

ONE MAN'S TICKET TO FREEDOM AND SUCCESS

BY GERALDINE SOLON



“ HOW CAN I REACH MY HIGHEST POTENTIAL? HOW CAN I ACHIEVE SUCCESS? WHAT DO I HAVE THAT NO ONE ELSE HAS? WHAT MAKES ME SPECIAL? WHAT GIVES ME VALUE? WHO AM I AND WHAT DO I STAND FOR? WHAT DO I WANT? SINCE I KNOW WHAT IT TAKES TO GET WHAT I WANT, WHY I STILL DON'T HAVE IT? THESE ARE ANSWERS YOU MUST HAVE IN ORDER TO ACHIEVE YOUR SUCCESS. ”

- LEO FRINCU

**W**orld Champion wrestler, Leo Frincu was born on April 1st in Bucharest Romania. Growing up in a communist country compelled him to want something different for himself. At an early age of six, Leo knew what it was like to be exposed to an oppressed environment. “Communism meant ration food, no freedom of expression, no colorful clothing, no hot showers, going to bed hungry and fear. We were not allowed to dream, or believe that there was a better life for us,” he shares. Anger and frustration led Leo to fights in the schoolyard until one fateful day; his neighbor intercepted and took him to the wrestling room. “It was like someone lit a candle and my passion was born,” he smiles. “I still remember that day very well and thanks to my neighbor, I wouldn’t be where I am today.”

Through wrestling, Leo also learned respect, discipline and appreciation. “While all the kids wanted to be doctors and astronauts, I wanted to stand out and be the best in what I do, whatever that was. Wrestling gave me freedom,” he grins. He later on won six Romanian Wrestling Championships, a number of international gold medals and at age 18, he bagged the World Championship title in 1994.

Still restless and with a firm goal to escape communism, Leo came to America in 1999 with \$10 in his pocket, and four words word of English and a dream. His strong desire to improve his life kept him focused, hopeful and creative. “I knew early on that I couldn’t live in a country that dictates what you do and doesn’t allow you to grow. Coming to America was my golden ticket to freedom—my future and success.”

Nevertheless, Leo had many challenges to face from learning a new language, adapting to a different culture and finding a job. “I was a dishwasher and waiter at a Hollywood restaurant which was a far cry from being a wrestling champion, but not once did I let my ego get on the way. I wasn’t looking for comfort and nothing could stop me from living my dream. I always knew that ten years from now, my life would be different—that I would be living my purpose.”

In three years, Leo won more awards and trained many world class athletes. He soon got a job as a personal trainer where he was training thirty clients a week. “I asked myself if this is something I want to do ten years from now and the answer was yes.” Leo eventually owned his own gym in Sherman Oaks, California and now has several trainers working for him. “A lot of people want to achieve success, yet they don’t want the work and discipline that comes with it. I believe if you want something so bad, you’re willing to work hard to attain your goal. I believe if you really want something, you already have everything.”

As a High Performance Mentality Coach, Leo teaches his clients conditioning, cardiovascular and strength and the mental aspect of their performance. “I attest in doing something for yourself. If what you do doesn’t add value to yourself, don’t expect it to have value for anyone else.” The difference in Leo’s coaching method is he shows people why they refuse to do things. “People don’t know the I’s and they don’t own the want,” he confides. “This is where I come in to coach them. I help individuals find out more about themselves and how to reach their highest potential”



Wanting to give back and share his testimony to the world, Leo released his book, *Choosing Freedom*. The book talks about how Leo overcame his adversity and conquered his challenges. “I want to create awareness that people can be the best they can be if they learn to use their natural born assets and to take full advantage of whom they are. I want them to come out of their comfort zone and grow to build success.”

Leo is writing his second book which talks about reaching your highest potential and using your comfort zone as a platform for growth and success. Also explain how being dysfunctional is actually a good thing if you are self aware and using it to achieve rather than to fail. “I believe most of the greatest leaders were very dysfunctional but used this to their advantage to become visionaries of the world.” Leo believes that pressure is what makes you grow. When asked what motivated him to coach people, he says, “I’m obsessed with why people fail and I want them to turn their challenges into something positive. What motivates us is what makes us who we are. Ultimately failure is nothing but feedback”

“Success is not about buying that fancy car or big house; it’s about discovering your passion and living your dream. Is not what you do, is how you do it. It’s not about what you have, it’s what you do with what you have that makes all the difference.” Leo is the living example of how one man believed that he deserved a better life and how he chose to defy all odds, by working hard and never giving up. ■

To learn more about Leo, please visit his website at [www.leofrincu.com](http://www.leofrincu.com)