



List of current available webinars and/or self studies

To improve your relationships

Emotional Smarts: Using Emotional Intelligence to Create a More Joyous, Richer Life

During this super-empowering, life-changing training webinar, you'll discover

- The five domains of Emotional Intelligence that impact your every day life and relationships.
- The one secret strategy to strengthening your EQ so you can effectively navigate through your emotions.
- How to become more aware of your thoughts, feelings, and actions in every situation or setting.
- The exact tactics you can use to create more personal success.
- How to manage our social skills so that we can more effectively live and work with others.

To improve yourself

Finding Balance: Reclaim Your Time & Live a More Fulfilling Life

Here's what you'll discover in this information rich training:

- What work/life balance means to you and how to make necessary changes without everything falling through the cracks.
- What your current level of satisfaction is in all areas of your life and how to increase it a few notches right away.
- The consequences of living an imbalanced lifestyle, and how to make important changes...before it is too late.
- How the choices you make influence your level of balance.
and how to make healthy choices despite your daily demands.
- How you can develop a plan that will move you toward the balanced life you desire.

The Fertile Mind: Change Your Thoughts to Reap a Better Life

During this inspirational, POWER-PACKED 90-minute webinar, you'll learn...

- How to tap the tremendous potential that lives between your ears...
- The secrets of STOPPING your negative thoughts...
- How to manage the most powerful tool you own...and actively CREATE your life...
- Why trying to SHUT OFF your mind is a futile & frustrating pursuit...
- How to activate your *REAL-LIFE* JEDI Matrix mind tricks & shape the world around you...
- "Mental Farming Techniques" that allow you to pull weeds and plant new seeds...
- How to identify prevalent thoughts in your friends, family, boss and co-workers...

Confident You: Leap Outside Your Comfort Zone and Achieve What You Want

On this webinar you'll discover:

- How to create a fertile garden for your budding confidence.
- How to eliminate your doubts and fears.
- 4 ways to deeply increase your confidence.
- Sustainability practices to maintain the new, *Confident You!*

And that's just the beginning. During this webinar, you'll also learn:

- What, EXACTLY, Is Holding You Back – You will explore how your past is limiting your present results. Emotional Energy – Identify what makes you feel confident so you can live a rich, fulfilling, Confident You! life.
- Connections: Your Thoughts and Experiences – Together, we'll examine how your doubts and fears are actually robbing you of your confidence.
- You are a Miracle – You'll discover how to tap into your inner strength to help you stretch out of your comfort zone, take more risks, and live more fully.

Courage, Risks and Rewards : Taking Chances to Change Your Life! (self-study)

In this self-study coaching program, you will discover:

- The most crippling habits you have...and how to ELIMINATE them...
- How you can STOP SABOTAGING YOURSELF RIGHT NOW and start reaping greater rewards...
- The TOP PITFALLS people face when confronted by the unknown...and how YOU can avoid them...
- A new perspective on risk that will have you embracing it with optimism and hope, instead of fear and dread...
- The #1 THING that separates those who accomplish their dreams from those who live with regret...
- How to INSTANTLY shift your perspective, TIME AFTER TIME, to take more empowering chances...

You will explore 5 key areas that will help you:

- find the courage to take new risks and reap great rewards
- examine the concept of risk and break it into specific, manageable steps
- look at risk from different perspectives
- explore how the rewards for taking chances far outweigh the costs.

The Rebel Within: Beating Self-Sabotage and Reaching Your Potential

During this information-packed training, you'll discover:

- How to immediately identify your Inner Critic whenever it speaks.
- 4 sneaky tricks your saboteur uses on you, and how to outsmart it.
- The top obstacles standing between the life you *have* and the life you *want*.
- How to call in your reinforcements when you are being bombarded by those sabotaging voices.
- A simple 3-step method to reclaiming control of your life.
- How to actually *gain inspiration* from your doubt, fear and anxiety.

Kaleidoscope of Choices: How What You Think and Choose Colors Your Life

During this inspirational, POWER-PACKED webinar, you'll learn...

- How your LIMITING BELIEFS may be negatively impacting your health, finances, relationships and overall happiness without you even realizing it, and a quick and easy shift to DRAMATICALLY turn things around.
- Secrets to creating NEW POSSIBILITIES for yourself in a way that feels empowering...
- The keys to gaining greater clarity so you can make CLEAR CHOICES...
- How to ERADICATE the harmful, crippling effects of DOUBT and step into a state of possibility...
- **How to QUICKLY visualize the right choice at the right time...**

Lighting Your Fire:

Sparkling Your Inner Motivation to Reach Your Goals and Change Your Life

During this inspirational, POWER-PACKED 90-minute webinar, you'll learn...

- How to build and maintain motivation 24/7...
- What MOTIVATION really means...
- The most common motivation dousers...and how to avoid them...
- How to free yourself from the frustration of unfulfilled dreams...
- The 6-Step Formula for rekindling any fire to *change your life*...
- The TOP 8 Universal Motivators...discover YOURS and how YOU can use them TODAY...
- How to feel fulfilled & accomplished...and win the confidence of others...

Overcoming Procrastination The Art of Getting Things Done Now!

During this fun & interactive training, you'll discover...

- How to identify your distraction patterns as soon as they start
- How to boost your personal productivity
- How to re-train your brain & re-ignite your motivation when it wanes
- Your own custom strategies to help you find your focus at any time
- The 3 Key Signs of procrastination and how to intervene before they take over
- The most common procrastination traps...and how to avoid them
- Easy tips & tricks to get out of that slump & back in action RIGHT NOW.

To challenge yourself

A to Z's of Success: Charting a Course of Personal Achievement

In less than 90 minutes, you'll discover...

- How to create YOUR UNIQUE, repeatable Success Plan for ANY project...
- The 2 TOP “Must-Have” strategies that you’ll need to guarantee successful outcomes (without BOTH you’re destined for trouble)...
- How to OVERCOME ANY OBSTACLE, persevere & stay on track, even in the face of the toughest roadblocks & challenges...
- The #1 most overlooked tool for success (every accomplished leader uses this one)...
- Easy but powerful little tricks designed to KEEP YOU MOTIVATED...
- How to equip yourself with THE RIGHT TOOLS in the beginning to keep you going until the end...
- The most common pitfalls that you’ll encounter in the pursuit of your dreams (and how to avoid them)...

Visioning & Goal Setting: Projecting Your Tomorrow & Heading for It Today

In this groundbreaking webinar you'll discover...

- How to STOP leaving your life to chance, and start shaping your future TODAY...
- The exciting science behind Creative Visualization, and how it can change your life IMMEDIATELY...
- How to turn any vision into REALITY, utilizing concrete, simple, real-world steps...
- The #1 way to open your life to positive, fulfilling experiences...
- How to eliminate distractions and bring clarity & focus to your goals & visions...
- How to live with a greater sense of purpose, direction and ease...

The Law of Attraction Café: How To Get What You Desire In All Areas Of Your Life

During this power-packed, *INTERACTIVE* 75-minute training, you'll learn...

- The most limiting habits you have...and how to IDENTIFY and ELIMINATE them...
- How you are literally BLOCKING love, prosperity & good health...and how you can STOP SABOTAGING YOURSELF RIGHT NOW...
- How to use ONE OF THE MOST POWERFUL TOOLS known to man to START CREATING PROFOUNDLY POSITIVE SHIFTS in your life...
- A simple, yet amazingly powerful 3-Step Process to HARNESS THE IMMENSE POWER of Attraction...even if you are NEW or SKEPTICAL...
- How to get FOCUSED and CLEAR about what you REALLY want...and START calling it in...IMMEDIATELY...
- The 7 CRITICAL ELEMENTS necessary to get EVERYTHING YOU WANT from the Law of Attraction Process...

To understand yourself

What Matters Most: Building a Fulfilling Life On the Foundation of Your Values

During this inspiring and educational webinar, you will discover...

- How to find and align with your true values in any situation
- How to minimize drama and maximize success
- How your values can open the doors to happiness, health, wealth and fulfilling relationships
- The #1 most effective trick to overcoming ANY challenge
- How to develop a bullet proof 3-part value system
- And much, much more...

Thriving in the Midst of Change

In this eye-opening training you'll discover...

- How to reshape your perspectives to better handle change...
- Secret tricks to transform internal chaos into motivational inspiration...
- How to embrace new changes and challenges, and use them to your advantage...
- Winning strategies to STOP RESISTING change and flow with grace and ease...
- How to INSTANTLY adopt new perspectives that give you the upper-hand in any situation...

And that's not all. Here are just a few of the topics that will be discussed during the session:

- Your Reaction to Change – We will explore how you commonly react to change in your life.
- The Importance of Change – Realize why change is so necessary to your life.
- Seeing Change Differently – Even though the experience of change can be quite difficult, the results of change are often extremely positive.
- Accepting Change – Change has the power to show us just how possible it is for you to have a richer, vastly more fulfilling life...if you can accept it.

The Genius Within: Calling on Your Natural Talents to Make Life More Fulfilling

During this inspirational, POWER-PACKED teleseminar <or webinar>, you'll learn...

- How to identify YOUR natural talents, and use them to boost your success...
- Simple shifts in your thinking that allow your talents to be utilized effortlessly...
- How to find deep fulfillment in your everyday activities...
- The secrets of growing stronger and better in ways you've never imagined...
- Productivity tricks to doing more, with less effort...*EVERY DAY*...

To manage money and time

Money Wellness: Having a Healthy Perspective on Earning, Saving and Spending Your Money

During this inspirational webinar, you'll learn...

- How to reduce your debt & lower your financial stress *RIGHT AWAY*...
- Where your money comes from and where it's going...
- How to stop "Retail Therapy" from derailing your dreams...
- The biggest threat to your financial health & well being...
- 3 Simple Steps you can make to guarantee financial freedom...
- How to *EASILY* live within your means & stop overspending...

The Time Challenge: Making Every Moment in Life Count!

During this fun and interactive training, you'll discover... (available as a self-study as well)

- How to identify your high productivity and low-energy periods, and maximize both
- Your Top 5 Major Time Wasters, and how to overcome them to get back on track
- How to maximize your prime energy times to get the necessary things done and have time for the things you WANT to focus on
- Strategies for increasing your productivity while reducing stress
- The 3 key elements to effective time management
- Four Simple Steps to becoming a masterful time manager
- The myth around multi-tasking, and what it is really costing you.