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*Bringing effective **insight**
to your organization SM*


Open Line

Guest,

Welcome to:

How to Turn Fear and Stress into Strengths

Presented by
Lighthouse Consulting Services, LLC

To print program slides, click here: 



Featured Guest:
Boaz Rauchwerger
Speaker, Trainer, Consultant & Author

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Host:
Dana Borowka, MA
CEO, Lighthouse Consulting Services, LLC
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Realities of Fear and Stress

- The economy
- The weather
- The government



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What Can We Control?

- Our minds
- Our attitude
- Our actions



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Attitude Is Everything

- John D. Rockefeller
- Negative thinking
- Positive thinking



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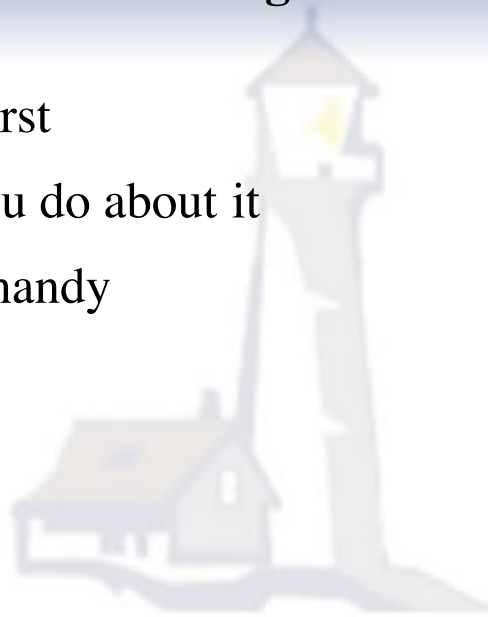


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Controlling Fear

- Identify the worst
- What would you do about it
- Keep the plan handy

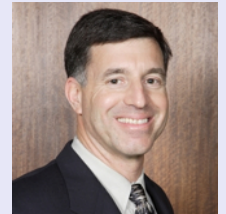


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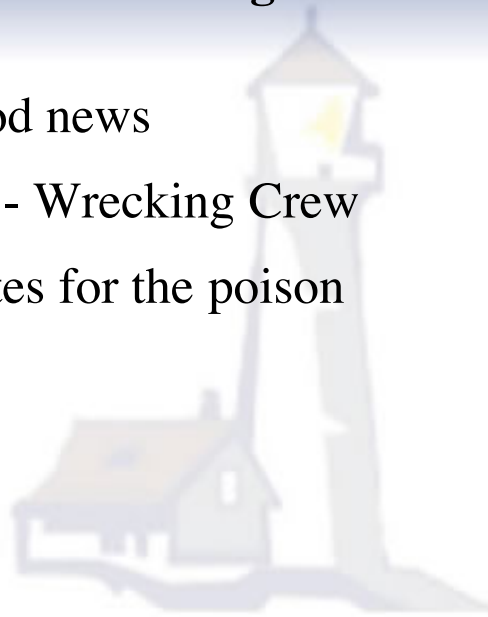


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Controlling Stress

- No news is good news
- Building Crew - Wrecking Crew
- Identify antidotes for the poison



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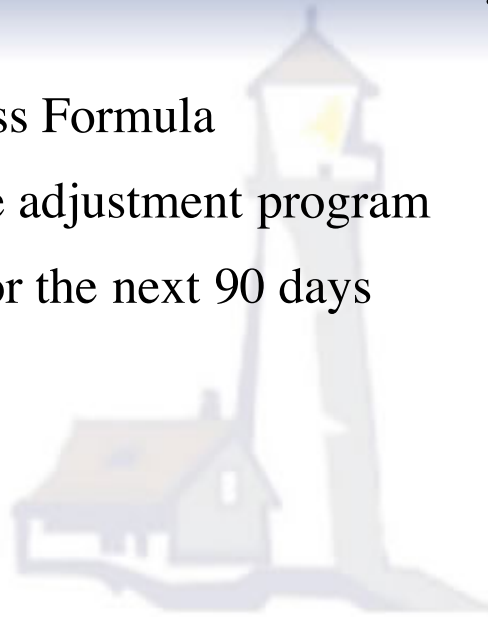


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Actions That Lead To Strengths

- Tiberias Success Formula
- A daily attitude adjustment program
- A card a day for the next 90 days

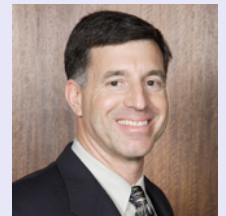


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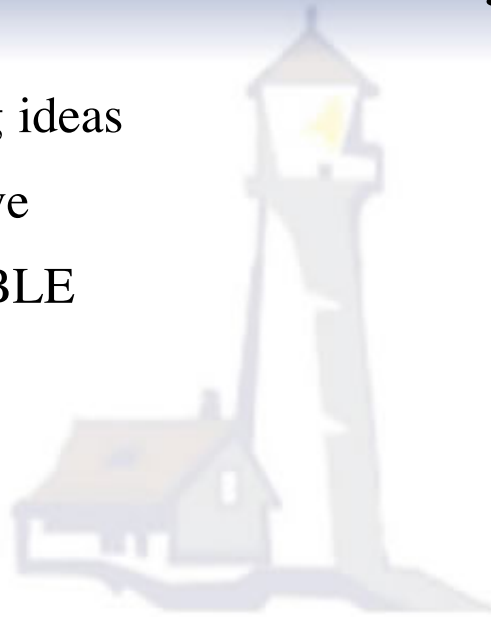


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Actions That Lead To Strengths

- New marketing ideas
- Being pro-active
- UNBELIEVABLE



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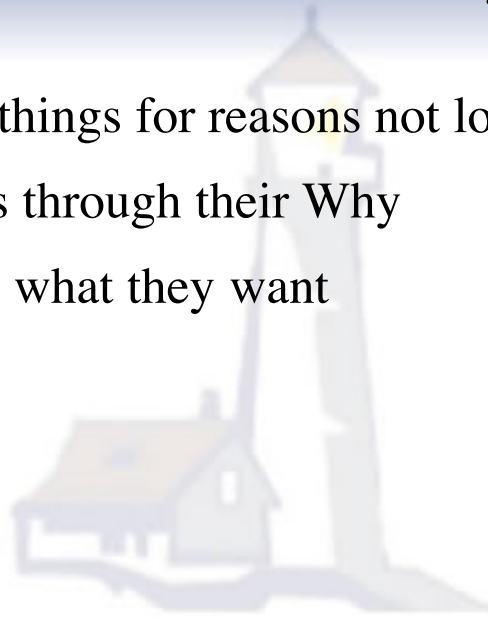


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Actions That Lead To Strengths

- People will do things for reasons not logic
- Motivate others through their Why
- Help others get what they want

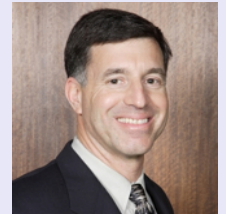


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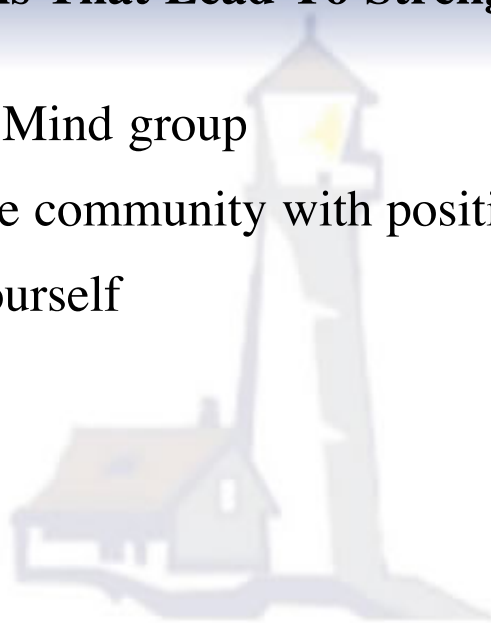


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Actions That Lead To Strengths

- Form a Master Mind group
- Reach out to the community with positive messages
- Take care of yourself

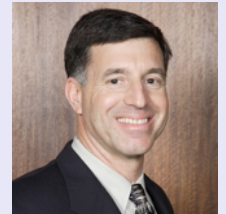


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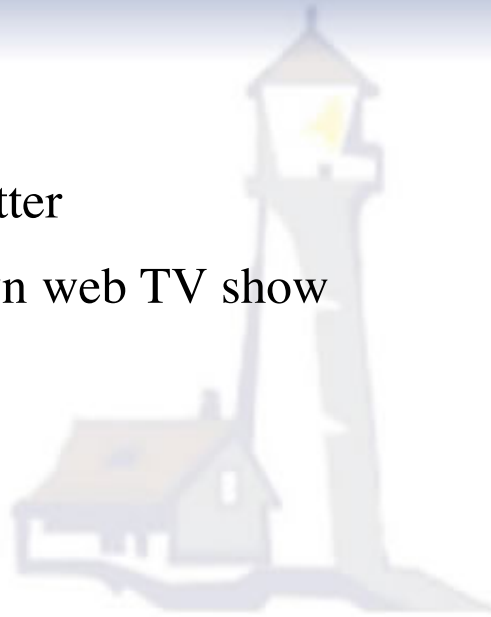


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Use The Power Of The Internet

- Create a blog
- Write a newsletter
- Create your own web TV show



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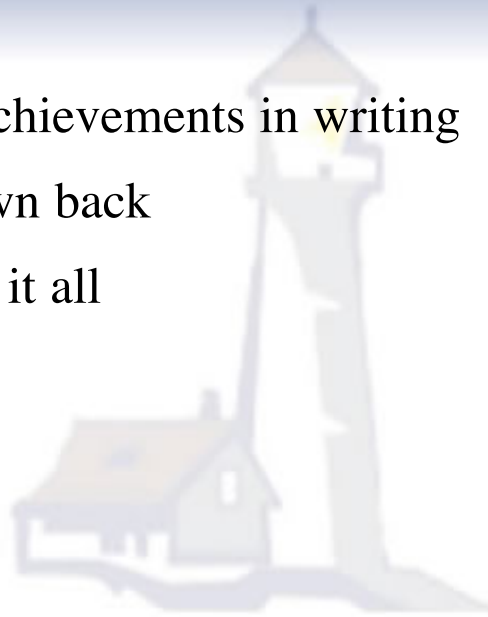


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Give Yourself Credit

- Identify your achievements in writing
- Get off your own back
- Get away from it all



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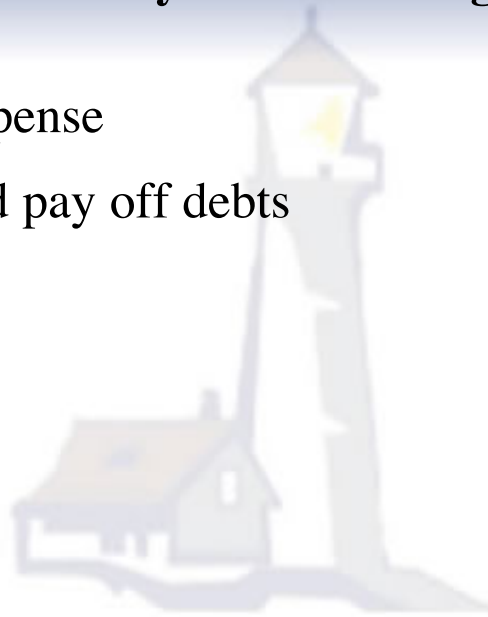


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Turn Money Into A Strength

- Lower your expense
- Pay In cash and pay off debts
- USave money

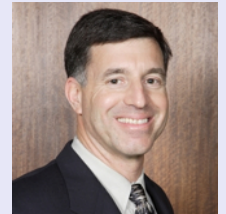


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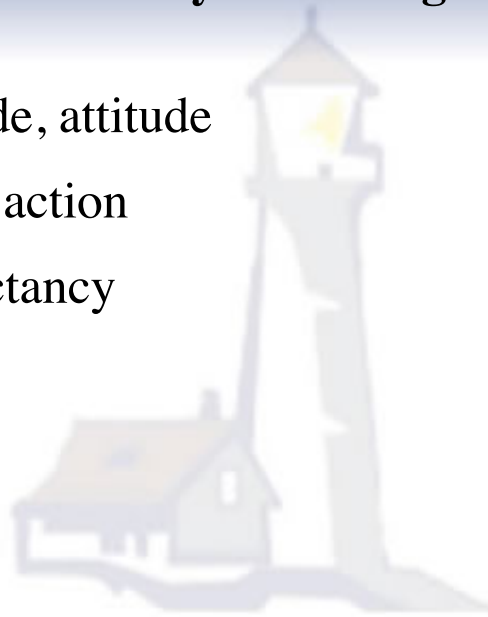


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A Summary Of Strength

- Attitude, attitude, attitude
- Action, action, action
- An air of expectancy

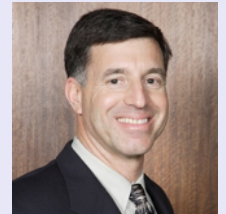


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"Tips for 2011 – Business Planning – How to Make it the Best Year Ever!"

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