Guest,

Welcome to:

How to Turn Fear and Stress into Strengths

Presented by
Lighthouse Consulting Services, LLC

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Realities of Fear and Stress

- The economy
- The weather
- The government

**Featured Guest:**
Boaz Rauchwerger  
Speaker, Trainer, Consultant & Author  
Phone: (619) 723-3007  
Email: Boaz@Boazpower.com  
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**Host:**
Dana Borowka, MA  
CEO, Lighthouse Consulting Services, LLC  
**Author of** Cracking The Personality Code  
Phone: (310) 453-6556, ext. 403  
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What Can We Control?

- Our minds
- Our attitude
- Our actions
Attitude Is Everything

- John D. Rockefeller
- Negative thinking
- Positive thinking

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Controlling Fear

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

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- In-depth Workstyle & Personality Assessments
- Interpersonal Coaching
- Workshops - Cracking The Personality Code
- Career Guidance
Controlling Stress

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

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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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Actions That Lead To Strengths

- New marketing ideas
- Being pro-active
- UNBELIEVABLE
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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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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Use The Power Of The Internet

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

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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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Turn Money Into A Strength

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

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A Summary Of Strength

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

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Thank you for attending
How to Turn Fear and Stress into Strengths

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