



## *Turbo Coaching™ Skill Sessions*

*With “Jimmy Z”*

### ***Emotion Management:***

*How To Stay Enthused, Motivated & Productive All Day!*

Managing your emotions to stay resourceful no matter what the circumstances is one of the most valuable life skills you can develop! Out of this fun and uplifting session you get insightful strategies and develop an ability to consistently put yourself, your customers and your colleagues into resourceful emotional “States” of mind **that compel you and others to be at your best...no matter what the challenge!**

You learn what *causes* your emotions and how you can develop the ability to create so much confidence and certainty, that at the end of the session each participant demonstrates this ability by breaking through a 1” board with their bare hands!! Absolutely unstoppable!

#### **Out of this Skill Session You Will Learn:**

- ◆ **How to manage your Emotional “State”** so that you improve your ability to act resourcefully in any situation.
- ◆ **You learn what your Pain and Pleasure “Triggers” are**, so that you can better anticipate and deal with them, and even utilize them. You are then no longer “at effect” of your triggers, and instead can be “at cause” of your emotions, because negative triggers no longer have a “knee jerk” effect on you! You also learn to utilize positive triggers or “anchors” to empower yourself and others!
- ◆ **How to interrupt other people’s unresourceful emotional patterns** and induce great “States” in others to assist them in being even more resourceful.
- ◆ **The Board Break-Through Experience!** This session culminates with a physical metaphor that participants never forget! Each participant demonstrates what they’ve learned in the program by modeling the Beliefs, Strategies and Physiology of a Ti-Kwan-Do Master and breaking through a 1” board with their bare hands! To make this experience even more meaningful, each participant writes a goal, quota or limitation they want to break through on the board. The exercise then serves as a metaphor for breaking through where they’ve stopped before. It’s a great campaign launcher! We video the whole exercise so that each participant can see how much energy and determination they mustered to Break-Through and to create an outstanding reference of stepping up and doing whatever it takes to get the job done!

*Duration - 120 minutes*

***Call 1-888-462-4769 to Book Jimmy Z For Your Team Today!***