



Individual Turbo Coaching™ Sessions *Strategies To Optimize Your Personal Performance*

Conducted by "Jimmy Z" Zawiski

These Sessions are in a one or two hour format and can be conducted in person or over the phone. They are customized to clarify and address your most important goals. Out of these sessions, you will improve your ability to:

- ◆ **Crystallize your thinking.** You clarify and prioritize your goals, in the areas of life that you want to concentrate. You also learn to organize yourself in a way to actively integrate specific plans and benchmarks in your daily planning system. This helps you manage the necessary actions you need to take along with all the other your life.
- ◆ **Manage your emotions to stay resourceful,** no matter what the circumstances. You learn how the emotional climate of any situation dramatically affects the quality of communication, behavior and thus the results. You learn specific ways to direct and manage your own "State" of mind, *as well as that of others* so that you can *consistently* perform at your best. Your internal and external customers not only *love dealing with you*, they are *compelled to give rave reviews to others!*
- ◆ **Read other people's "Physiology" better,** and relate to them in the communication style that *they* are most comfortable with, building a rapport that makes them your "Raving Fan" for a lifetime!
- ◆ **Learn how your Skill Sets, Beliefs, Emotional States and Rapport Skills all effect each other** in positive *and* negative ways, and how you can better control them so that *it is always getting easier to be more productive.*
- ◆ **How to Model the effectiveness of another to replicate their results.** You essentially learn to increase your productivity in any area of your life in the shortest period of time.
- ◆ **You develop a written and specific Plan of Action to implement** to accomplish your Personal, Professional and Financial Goals.

Your investment is based on the number of sessions booked or the duration of a monthly retainer. Call to discuss your goals, and we'll determine the best structure to work within.

Congratulations on making a commitment to yourself, your family and your future! I look forward to working with you!

Jimmy Z