

## Metro's Schedule of Business Intensive Workshops and Coaching Programs through 2009-2010

**Creating A Powerful Year :: Setting Up Your Annual Goals.** A 3-week business intensive series that has you clarify, solidify, plan and manifest your goals and what you want to achieve in 2010. You will understand how to break them into smaller physical achievement points, then line it all out into your 2010 calendar. This is an interactive, hands-on tele-seminar/webinar where you will be powerfully creating 2010 ahead of time like a documented blueprint. Dates for this tele-workshop series: **November 24, December 1, December 8.** This will be offered Live and on Play-Back. Very limited space. Call for details or to pre-register. \$72. (under \$25 per session)

**Marketing 101 for Mind Body Professionals and Practices ::** A 4-Week Tele-Seminar Series. Marketing is the life blood of any and all business. Yet there are so many different ideas, types, ways, strategies, philosophies and approaches around marketing, it can often be so misunderstood and misapplied that it ends up being very ineffective and a waste of money. Find out which are the best marketing approaches and strategies for mind/body and wellness professionals. This is an interactive hands on tele-seminar where you will actually create your very own marketing action plan that is so step-by-step and simple you can begin implementing it in your business immediately. **January 19, 25, February 2, 9.** Very limited space. Call for details or to pre-register. \$129 (under \$35 a session).

**Enlightened Sales for Non-Sales People ::** A 3-week business intensive series. Many small and micro business owners or professionals don't have a sales process. In fact the concept of "sales" they hold is so distasteful or scary that it greatly diminishes the results and success they could be having with their business. Find out what "true, heart-centered sales" really is and build a step-by-step sales action plan that has you generating explosive growth in your wellness or mind/body business. This is an interactive, hands-on tele-seminar/webinar. **March 2, 9, 16.** Very limited space. Call for details or to pre-register. \$72 (under \$25 per session)

**Time Management::** A 2-hour business intensive tele-seminar. Time and priorities are one of the most challenging things for a small business owner to manage. The demands of your business, your family and life just seem to get in the way and then you find yourself with more to do than time to do it. The impact on your life is often overwhelm and the feeling of being stuck. This business intensive will teach you such basic principles and techniques that you

will easily find yourself knowing how to get unstuck and flowing forward in your business and your life improving your performance and effectiveness as a business owner. This will be offered Live and on Play-Back. Very limited space. **April 6.** \$35. Very limited space.

**Internet Marketing for Personal Service Business: What really works – What doesn't! ::** If you thought plane-jane marketing was confusing, try all the conflicting information flying around about internet marketing and social media! This business intensive will have you really get, really understand the basic structures and strategies *you* need to have in place as a personal services business and the things you don't need. Then you'll develop and walk away with an action list of exactly what to do, why to do it and how to do it. A 4-week Tele-Seminar Series. Pre-requisite is Marketing 101 \$149. Date: **May 4, 11, 18, 25.** Very limited space.

**Master Your Mind, Master Your Business ::** A 7-Week Tele-Seminar Series. This series will have you get off your "in-action" and get you into action *really* manifesting what you said you wanted. We don't mess around in this program. You possess everything you need RIGHT NOW to be successful. Then why haven't you achieved the success you want? No one taught you how to use these tools you already possess. Find out how so many people have been achieving so much, so fast. You can easily do this too. Go this web page to get the details : [www.metromm.com/workshops/masteryourmind.html](http://www.metromm.com/workshops/masteryourmind.html). You can attend this live or via internet play back. **June 15, 22, 29, Jul 6, 13, 20, 27 \$179.** This seminar alone has produced unbelievably amazing breakthroughs for participants. We really get into the mental game of business. Once and for all, no more excuses! This is your road map for doing what you could never get your self to do fully before – get off your butt and take consistent action. (under \$30 a session).

**Building Additional Revenue Streams ::** \$49 TBA October 2010.

**Business Coaching – These are specialized programs for business owners only who want to grow or expand their business.**

**Business Master Group** Once a week for an hour and a half coaching - \$300. Very limited. Call for openings.

**Business Master** Once a week for an hour private coaching - \$697. Extremely limited. Call for openings.