

Transformational Health... for Recruiters

Boosting Performance and Success. Designed for recruiters, by recruiters.

This six-session workshop takes you to your next level of health and success. Join us to help reach your true potential.



"Your health is what you make of it. Everything you do and think either adds to the vitality, energy and spirit you possess or takes away from it."

- Ann Wigmore, The Hippocrates Diet and Health Program

Presented by Tish Conlin: Author, Million-Dollar Biller, Registered Nutritionist and President of Global Consulting Group Inc.

COURSE SESSION OUTLINES

SESSION ONE : PEAK PERFORMANCE NUTRITION

- How nutrition & energy affect recruitment success
- Adopt energy food - boost & maintain energy all day
- Be invincible - Upgrade your immunity, organs, blood flow
- Weight management: Diet plans, reduction, and recipes
- Recruiter Lesson: Plan your day - pace your energy
- 5 Energy boosting tips for business development
- Tougher challenges: Fatigue, Cravings, Weight
- The book: Food Rules, An Eaters Manual (M. Pollan)
- Recruiter hand-out review, Q & A

SESSION TWO: MOVEMENT IS POWER

- Get confidence-boosting food into a regular diet
- Confidence killing moves that cost recruiters the deal
- Rebuilding lost client relationships Recruiter Lesson - Is sitting the new smoking?
- Increasing confidence to win sales & get more retainers
- Structure your day to increase movement & confidence
- 7 Tips: An Exercise Lifestyle - boost motivation & poise
- The book: 'Born to Run... Superathletes...' (C. McDougall)
- Recruiter hand-out review, Q & A

SESSION THREE: BE A STRESS MANAGEMENT GURU

- Foods that lower stress & support related organs
- Stressed Out !!! ...foods to avoid
- Recruiter Lesson - Less stress → better relationships
- 6 Tips for cold-call anxiety and reducing stress
- The book: 'Perfect Health...' (Deepak Chopra)
- Recruiter hand-out review, Q & A

SESSION FOUR: FOCUS - GETTING IN THE ZONE

- Foods that boost concentration, memory & intelligence
- Foods to avoid that making us foggy
- Recruiter Lesson – Faster success by better focus
- 5 Tips for creating achievable recruiting goals and avoiding distractions
- The book: 'Focus... the driver of excellence' (D. Goleman)
- Recruiter hand-out review, Q & A

SESSION FIVE: MASTER COMMUNICATOR

- Foods that boost and regulate your mood
- Recruiter Lesson: Emotional Intelligence & repeat business
- 7 Tips for overcoming self-doubt and recruiter slumps
- The Book: 'Emotional Intelligence... Sales Success' (C. Stanley)
- Q & A

SESSION SIX: ATTRACTION MARKETING

- Foods to boost your charisma & regulate hormones
- Recruiter Lesson: Draw clients to you... positively!
- 7 Tips for daily authenticity, engagement & passion
- The Book: '...Engaging the Magic' (M. Dooley)
- Recruiter hand-out review, Q & A

