

ARE YOU  
EMOTIONALLY  
*Smart?*

Optimize Your EQ  
for Better  
Relationships and a  
More Fulfilling  
**LIFE**

**Self-Study Coaching  
Program Preview**





# Are You Emotionally Smart?

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Optimize Your EQ for Better Relationships and a More Fulfilling LIFE

**Self-Study Coaching Program Preview**





## **Congratulations** on purchasing your very own Ready2Go Coaching Package!

You now have at your disposal another product in the extensive suite of completely developed Ready2Go products that you brand as your own and easily implement to grow your business. We certainly hope that you use this product in conjunction with the full suite of marketing and communication products, as regular contact with your clients and prospects is the most effective strategy for growing your business.

The full suite of Ready2Go products includes **professionally written, scripted and designed:**

- Pre-written tweets
- Special reports
- Audio training programs
- Success tips
- Speeches
- Teleseminars and webinars
- Workshops
- Coaching Packages

When it comes to effective ways to grow your list, deliver great content and offer a valuable product to your prospects and clients, the Ready2Go readymade coaching packages are a sure-fire strategy. While we hope that you are using the coaching package in conjunction with the other Ready2Go Marketing Solutions products, this product alone is a great tool for generating income in your business.

Each Ready2Go Coaching Package is professionally designed by coaches and trainers to be educational, engaging and fun so your clients feel they have received great value. Plus, there are many ways to use them in your business as a free gift, as individual coaching modules, or part of a multi-part training program.

The Ready2Go topics are highly relevant to most target markets, easily customizable and specially designed to attract, nurture and convert clients in a systematic way. Plus, these products can easily integrate with your own products, services and communications.

In this comprehensive suite of products, your prospects and clients will receive quality content, have an opportunity to establish familiarity and trust in you, and get sought after solutions to their needs. And including a coaching program is one of the most effective components of an effective marketing strategy.



If you need a new coaching program or want to add fresh content to your existing program(s), then you have come to the right place, as it doesn't get much easier than with a Ready2Go Coaching Package. If you apply the tips in this guide, you will be on your way to great success!

Enjoy!

A handwritten signature in black ink that reads "Kim".

Kim Clausen,  
President  
Ready2Go Marketing Solutions, Inc  
Kim@Ready2GoMarketingSolutions.com

P.S. Please be sure to tell us about your experiences. We are excited to hear!

Ready2Go Marketing Solutions, Inc.® 218 E. Park Ave, #230, Long Beach NY 516-665-2366  
[www.Ready2GoMarketingSolutions.com](http://www.Ready2GoMarketingSolutions.com)



## What You Get in Your Ready2Go Coaching Package

Your Ready2Go coaching package includes:

- An editable cover for customizing and delivering your coaching program.
- Coaching modules with a combination of,
  - Teaching and activity set up,
  - Client exercises and handouts,
  - Debrief questions,
  - Follow-up plan which includes,
    - Homework and coaching sessions
- How to use your Ready2Go Coaching Package as a Free Offer to grow your list
- 5 Ways to use your Ready2Go Coaching Package to grow your list and make more money in your business.
- Promotional emails to sell your self-study coaching program, including:
  - 3 invitation emails
  - 1 confirmation email

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# About Ready2Go Marketing Solutions, Inc.®

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## About Ready2Go Marketing Solutions, Inc.®

### **Ready2Go Marketing Solutions, Inc. – Instant Information Products to Market Your Business**

Ready2Go Marketing Solutions, Inc. provides small business owners with turn-key marketing products, so that they can spend less time marketing and more time growing their business.

Ready2Go Marketing Solutions, Inc. offers a suite of plug-n-play marketing solutions such as fully-developed workshops, teleseminars, speeches, audio training programs, special reports and more. These tools are ready-made for coaches, consultants, trainers and speakers to customize and brand as their own saving tons of time and effort.

By creating these completely developed products, we've eliminated the difficult and time-consuming task of content creation, so small businesses don't have to worry about marketing and selling. Instead they can now put their marketing on auto-pilot and focus on doing the work they truly enjoy.

Our products include everything small businesses need to deliver value added products to their clients and prospects. It's marketing made easy!

## We Have Common Bonds

Like you, we are business owners and coaches who struggled with the lack of marketing materials to grow our own businesses. We were frustrated by the choices, the availability and the accessibility of quality marketing plans and materials that actually work.

So we did something about it. We went out and crafted marketing strategies that are highly effective, boldly innovative and dazzlingly creative.

We have professional marketers, training developers, copywriters, and speech writers who are poised to provide you with the highest quality products and services to grow your business with more than 50 years of training development, speaking and business development experience.

**Our products are professional grade, developed by experts in the industry** and are easy to follow and implement, GUARANTEED.

Plus, if you need that additional support to help you launch your Ready2Go marketing solution, we have trained coaches on staff to assist you.

For further assistance, contact us at [support@ready2gomarketingsolutions.com](mailto:support@ready2gomarketingsolutions.com) or give us a call anytime.



## Ready2Go Marketing Solutions' Product Offerings

Be sure to check out the full range of products available to you from Ready2Go Marketing Solutions, Inc. to help you to successfully grow your list, nurture relationships by providing great value, market your teleseminar and get new clients.

With these products you receive quality content created by professional copywriters, speech writers and training developers, plus all the instructions and tips that you need to be successful in your implementation. The Ready2Go products are created on topics that are highly relevant to most target markets, and have valuable content that your prospects will find very educational and informative. Plus they are easy to customize and brand as your own.

The full suite of Ready2Go products to coordinate with your Coaching Program include:

- **Pre-written tweets** to gain awareness and promote your special offers and events
- **Special reports** to use to grow your list or send to your list as a gift
- **Professionally scripted audio training programs** that you record in your own voice
- **Success tips**, which are 200-350 word "mini articles" to send to your list or use as blog posts
- **Professionally crafted speeches** for your in-person presentations
- **Professionally designed workshops** to reach more people, generate income and convert more clients
- **75 minute done for you teleseminar that is the same content as your coaching program and formatted to be delivered live.**

To learn more about the Ready2Go products, go to [www.Ready2GoMarketingSolutions.com](http://www.Ready2GoMarketingSolutions.com).

# How to Use Your Ready2Go Coaching Program

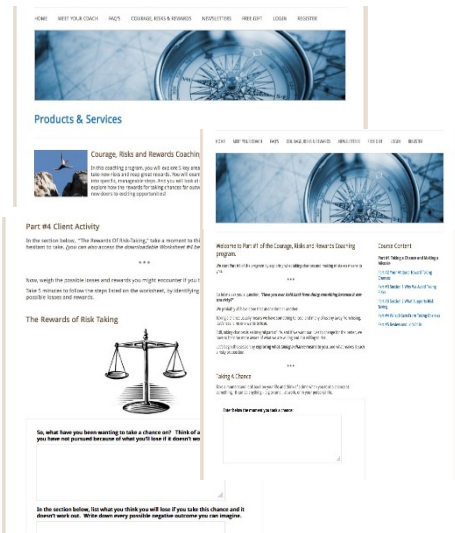
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# How to Use the Coaching Program

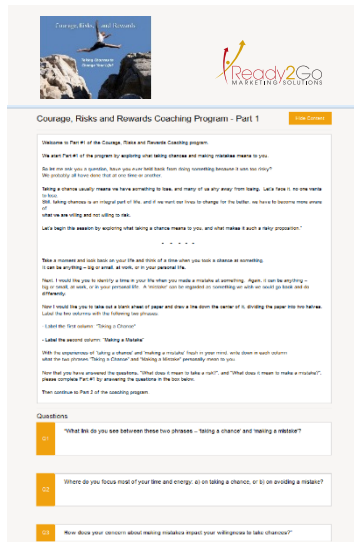
Your Ready2Go Coaching Program is expertly designed to be delivered in a variety of ways:

## 1. Popular platform options:

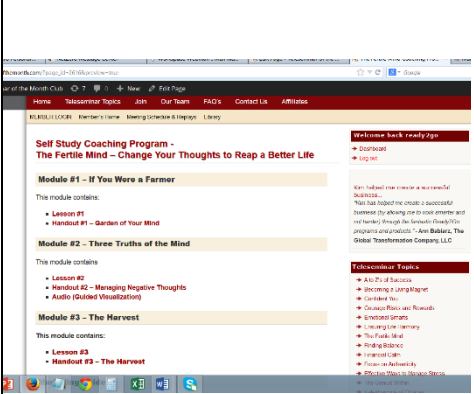
### Coaches Console: (www.coachesconsole.com)



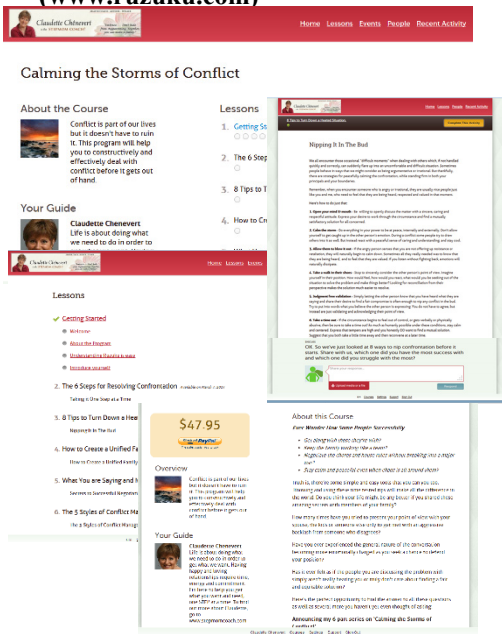
### Jigsawbox: (www.jigsawbox.com)



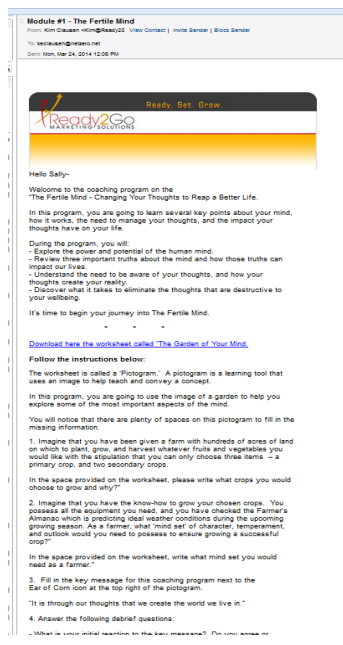
### Website:



### Ruzuku: (www.ruzuku.com)



### Email:



**Are You Emotionally Smart?** Optimize Your EQ for Better Relationships and a More Fulfilling LIFE – Self-Study Coaching Program

**2. Written word or recorded format.**

Your Ready2Go coaching program has been designed to be delivered via the written word or can be recorded and delivered in an MP3 format. Easy to follow instructions are provided in each coaching package.

**3. Branding.**

We have provided an editable cover, coaching program script, activity sheets and additional homework so you can change the content, name, and add your brand.

Currently, the cover image is grouped for easy distribution. To edit the cover image, ungroup the images and fonts to customize as needed.

**4. Delivery.** Each coaching program is divided into 5-8 modules and will take your clients 60-75 minutes to complete in its entirety. For free programs, you may “drip” the modules (give one at a time through a timed schedule), but it is also recommended to give your clients the choice to have full access as well. Sometimes clients are excited to complete the program and want to work at their own pace and not be forced to wait.

**5. Free and Paid.** These programs are designed to be delivered as a free gift or a paid program. Additionally they can be delivered as individual programs or bundled together. See the section on “5 Ways to Make Money With Your Ready2Go Coaching Program.”



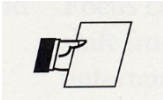
# Coaching Package

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# Are You Emotionally Smart?

## Optimize Your EQ for Better Relationships and a More Fulfilling LIFE

### Self-Study Coaching Program

Write or Record:	Content	Notes
	<p><b>Module #1 – Introduction to Emotional Intelligence</b></p> <p>“Welcome to the coaching program on <b>Are You Emotionally Smart? Optimize Your EQ for Better Relationships and a More Fulfilling LIFE</b></p> <p>In this program you are going to expand and activate your hidden potential of understanding, empathy and awareness to improve your personal life, career, and business through emotional intelligence.</p> <p>This training is broken down into the following areas:</p> <ul style="list-style-type: none"> <li>▪ What is emotional intelligence.</li> <li>▪ How the brain functions with regard to our emotions.</li> <li>▪ The need to be in the present moment with what we are feeling.</li> <li>▪ The five domains of emotional intelligence.</li> <li>▪ Key personal and social emotional intelligence tactics you can use to create more personal success.</li> </ul> <p>Module #1 starts with exploring the basic emotions of mad, sad and glad, and when you experienced these in your own life.”</p> <p style="text-align: center;">* * *</p> <p><b>[Client Activity]</b></p> <p>“Take out the Worksheet #1 - “Mad, Sad, Glad” and identify various personal situations where you experienced strong emotions – a time when you can remember feeling</p>	
		 <p>Worksheet #1 – “Mad, Sad, Glad”</p>

mad, sad, and glad. Write them on your worksheet in the appropriate area.

Next, reflect on how each of these strong emotions affected you, which may be in either a positive or a negative way.

Finally, notice any common themes between the circumstances or feelings you experienced and record them on your worksheet.

Then return to this module.”

*(NOTE: If you are recording, you can:*

- *keep the audio going and record some quiet instrumental music in the background. Tell clients they have a specific amount of time and remind them when there is 30 seconds left.*
- *ask the client to turn off the recording and resume when they have completed the activity.)*

\* \* \*

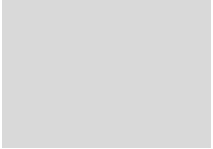
“We can see how emotions play an important part in our day-to-day living. Yet isn’t it strange that despite the enormous impact emotions can have on our lives, we don’t live our lives in an emotionally intelligent way. But imagine if we did...

- We would handle life’s ups and downs with more ease.
- We would manage our emotions without having to suppress them.
- We would cope with change and more readily accept when we are stretched outside our comfort zone.

Imagine what that would that be like...

This is where the concept of emotional intelligence comes into play and this is the potential it can have in our lives.”



A solid grey rectangular box is positioned to the left of the text.

Next, move to Module #2 where you will define the concept of emotional intelligence.”

\* \* \*

# Activity Sheets

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## Worksheet # 1 - Mad, Sad, Glad

1. Identify a personal experience around each of the following strong emotions:

**Mad** – Anger, frustration, rage, hostility.

**Sad** – Sense of loss, depression, helplessness, unhappiness, or disappointment.

**Glad** – Pride in an achievement, giddy excitement, joy, supreme satisfaction.

2. Reflect on how feeling each of these strong emotions affected you, either positively or negatively.
3. What are some common themes between the circumstances or feelings you experienced?