

The **Rebel**



Within

Beating
Self-Sabotage
and *Reaching Your
Potential*

**Self-Study
Program Preview**



The Rebel Within

Beating Self-Sabotage and Reaching Your Potential

Self-Study Coaching Program Preview



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Congratulations on purchasing your very own Ready2Go Self-Study Coaching Program!

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
- Workshops
- Self-Study Coaching Packages

When it comes to effective ways to gain exposure and offer a valuable service to your prospects and clients, teleseminars are a sure fire strategy. They are hugely popular in the industry for a reason. They are a cost effective, convenient, and very efficient way to deliver value to your market.

While we hope that you are using the workshop in conjunction with the Ready2Go Marketing Solutions Bundle, this product alone is a great tool for growing your business. With your Ready2Go Teleseminar, you are implementing a powerful strategy for growing your business. And the great news is that the Ready2Go Teleseminar topics are completely developed and ready for you to implement. They are relevant to most target markets and are easily customizable, saving you tons of time and effort. They are also designed to be educational, engaging and fun so that your attendees leave the call feeling that it was time well spent.

If hosting teleseminars is new for you, or even if you are a veteran, then you have come to the right place, as it doesn't get much easier than with a Ready2Go Teleseminar. If you apply the tips you learn in this Teleseminar Guide, and combine it with a professionally crafted Ready2Go Teleseminar, then you are on your way to great success!

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 doing professional presentations is one of the most effective components of an effective marketing strategy.

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!

What You Get in Your Ready2Go Coaching Package

Your Ready2Go coaching package includes:

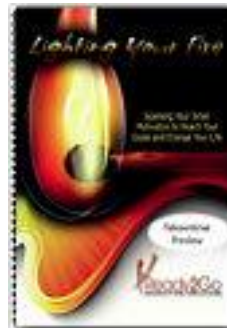
- An editable cover for customizing and delivering your coaching program.
- Coaching modules with a combination of,
 - Teaching and activity set up,
 - Client exercises and handouts,
 - Debrief questions,
 - Follow-up plan which includes,
 - Homework and coaching sessions
- How to use your Ready2Go Coaching 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.

Build Your In-Depth Coaching Program

Select from the 20+ topics below to bundle and customize your own coaching program. Each program comes with lessons, activities, debrief questions and homework.



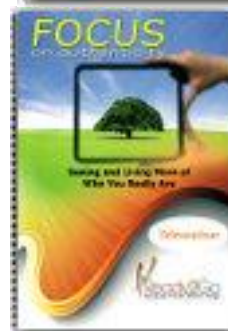
**Motivation Magic:
Awakening in Others
the Inspiration to Excel**



**Lighting Your Fire:
Sparking Your Inner
Motivation to Reach
Your Goals and Change
Your Life**



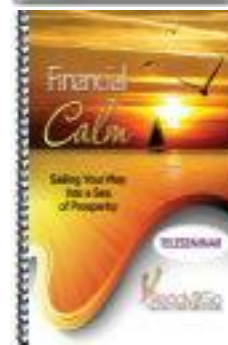
**Money Wellness:
Having a Healthy
Perspective on Earning,
Saving and Spending
Your Money**



**Focus on Authenticity:
Seeing and Living More
of Who You Really Are**



**The Rhythm & Blues of
Empathy:
Resonating With the
Feelings of Others to
Build Rapport**



**Financial Calm:
Sailing Your Way Into a
Sea of Prosperity**

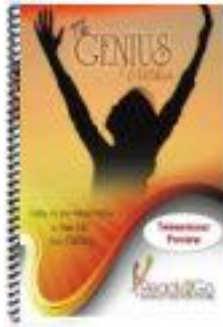


**The Law of Attraction
Cafe :
How To Get What You
Desire In All Areas Of
Your Life**



**The A to Z's of Success:
Charting a Course of
Personal Achievement**

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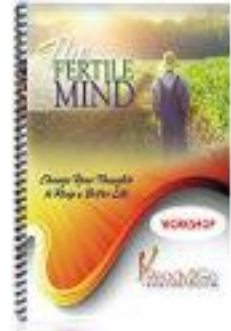
**The Genius Within:
Calling on Your Natural
Talents to Make Life
More Fulfilling**



**Becoming a Living
Magnet:
An Introduction to the
Law of Attraction**



**Courage, Risks and
Rewards:
Taking Chances to
Change Your Life**



**The Fertile Mind:
Change Your Thoughts
to Change Your Life**



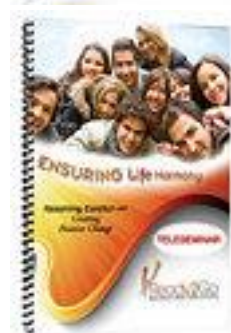
**Kaleidoscope of Choices:
How What You Think
and Choose Colors Your
Life**



**Say It! Hear It!
The Power of
Effective Communication**



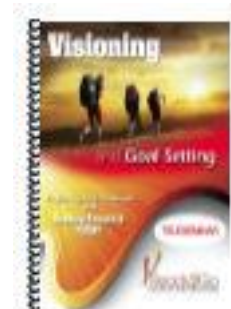
**Confident You!
Leap Outside Your
Comfort Zone and
Achieve What You Want**



**Ensuring Life Harmony:
Resolving Conflict and
Creating Positive Change**



**The Leader's Journey:
Discovering Your
Leadership Impact**

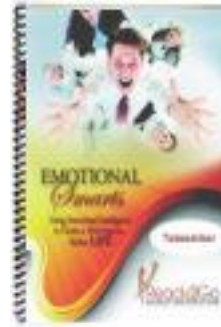


**Visioning and Goal
Setting:
Projecting Your
Tomorrow and Heading
Toward it Today**

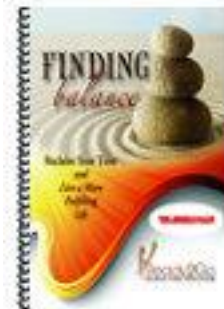
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**Transitions and Transformations:
Thriving in the Midst of Change**



**Emotional Smarts:
Using EQ to Create a
More Joyous, Richer
Life**



**Finding Balance:
Reclaim Your Time and
Live a More Fulfilling
Life**

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About Ready2Go Marketing Solutions, Inc.®

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 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 teleseminar includes:

- **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 100- to 200-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

To learn more about the Ready2Go products, go to www.Ready2GoMarketingSolutions.com.

How to Use Your Ready2Go Coaching Program

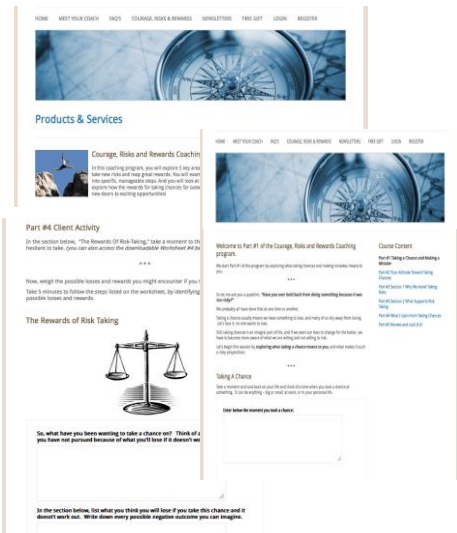
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How to Use the Coaching Program

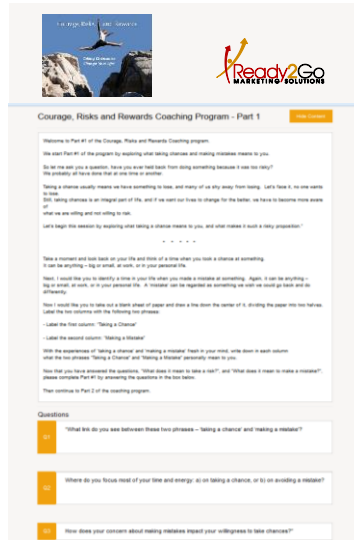
Your Ready2Go Coaching Program is expertly designed to be delivered in a variety of ways:

1. Popular platform options:

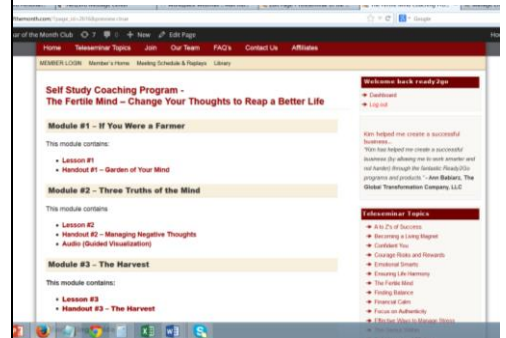
Coaches Console: (www.coachesconsole.com)



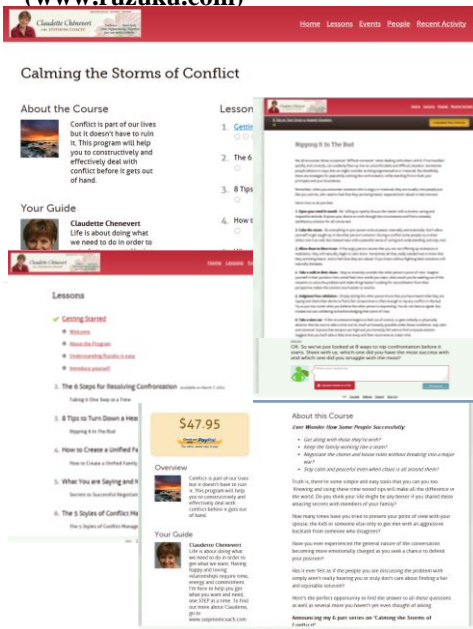
Jigsawbox: (www.jigsawbox.com)



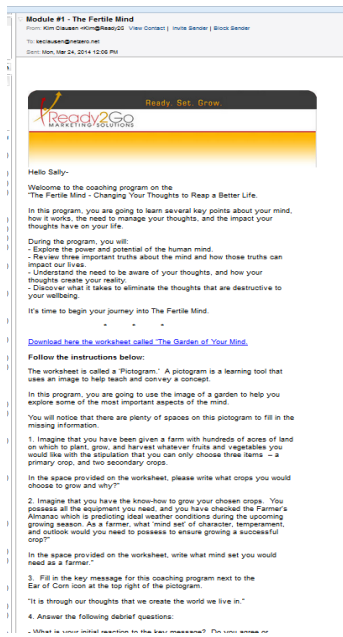
Website:



Ruzuku: (www.ruzuku.com)



Email:



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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.

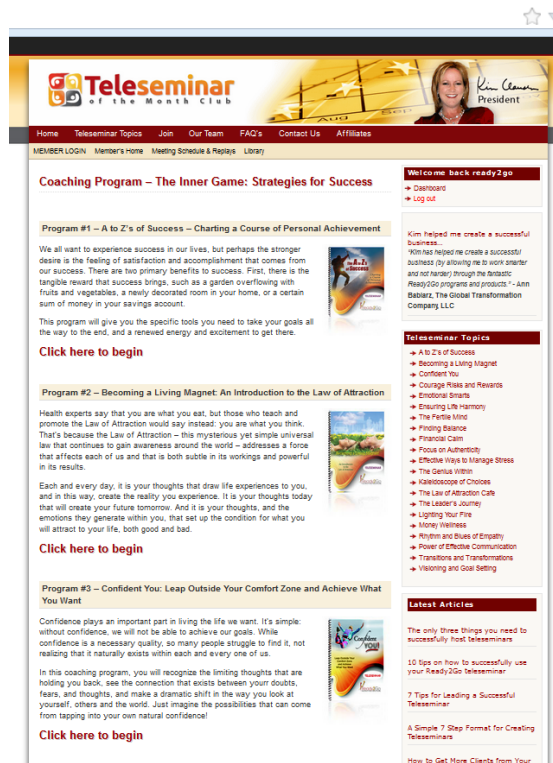
3. Branding.

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.”



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How to Use Your Ready2Go Coaching Program to Grow Your List

How to Use the Coaching Program as a Free Offer to Grow Your List

Your Ready2Go Coaching Program is a powerful tool that allows you to offer a free valuable service to grow your list and attract more clients. While we recommend using the Coaching Program combined with the Ready2Go products, you can use this program in a variety of ways to grow your list:

1. **Give it away as a free offer on your website to grow your list.** It is recommended to have a valuable free gift to offer visitors of your website, so you can get their contact information and begin to develop a relationships. Offer your coaching program as a multi-part free gift that you deliver every 2-7 days.
2. **Offer it as a freebie at a speaking engagement - give them a compelling summary and the link.** The idea is to capture a name so you can begin a relationship. No name, no relationship. You either want to have people sign up then by filling out a form or turning in their business card, or have them go to your website. Having people sign up at the event will get you more responses than people going to your site. They are always well intentioned, but time gets away, other priorities take over, and fewer people will make it to your site to sign up.
3. **Place a promotion on the back of your business card - tell others about it when you hand out your card.** The Coaching Program is a foundational marketing activity to drive people to your site so they can learn more about you, and get something of value. And you get a name.
4. **Add it to your signature line of your email.** Simple, effective, and will grow your list.
5. **Use it as a free offer for someone to "check you out" when promoting a workshop.** This is a great way for people to become more familiar with you first before committing to something such as a workshop. Relationships build by the prospect being willing to spend more time and then money as the relationship grows. The Coaching Program is a great way to gain awareness, develop a relationship and build trust.
6. **Promote it through social networking.** People often find out about you through your social networking circles before they've ever been to your web site. So be sure to use all the tools that are available through your social networks to attract visitors, gain their attention, show relevance, and drive them to your site so they can learn more about you, and you can begin to develop a relationship. Send people to your website to opt-in with their contact information.

7. **Include it in your newsletter.** Include a short blurb and link to your Coaching Program in your newsletter as a standard item in every edition.
8. **Give it away as a bonus or incentive for someone to take action.** Your Ready2Go Coaching Program can be a great bonus to give if someone signs up to purchase a product, program or service.

Be sure to customize. Customizing the coaching program will attract the attention of your target market to gain the greatest interest. The Ready2Go Coaching Programs discuss highly relevant topics that educate, inform and address peoples' problems and needs. And that's what people want – for us to solve a problem and fill a need. Therefore customizing the core content of this program to your target market will be very powerful in gaining attention, interest and action.

And it's simple. The Coaching Programs are already scripted and can be recorded in your own voice or delivered through the written word, so all you have to do is customize the title and include any relevant stories, examples and references to your market.

While our Ready2Go titles are also very effective, think about how the topic relates to you your target market and determine how you can **generate more interest by customizing the title to speak more directly to YOUR target market.**

Here are a few examples of enticing titles specific to target markets:

- How You Communicate Can Make or Break Your Business
- How to Speak So Your Spouse Will Listen
- 7 Keys to Eliminate Conflict and Create Synergy in the Workplace
- Communicate With Power and Influence
- 5 Ways to Connect With Your Spouse on a Whole New Level
- Everyone is a Leader – Discover the Leader in You
- Confident You! Feeling Your Very Best During Your Job Search, Interviews & Negotiations

Coaching Package Preview

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The Rebel Within

Beating Self-Sabotage and Reaching Your Potential

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(Each coaching program has 4-8 modules.

This is a module form the Rebel Within program)

Content

Notes

Write or Record:

Module #1: Two Lives

“Welcome to the coaching program on the “The Rebel Within – Beating Self-Sabotage and Reaching Your Potential.

In this program, you are going to gain new knowledge and skills to stop undermining yourself as a result of listening to the Rebel Within you. During the self-study program you will...

- Identify the qualities and intent of your inner, self-sabotaging voice.
- Recognize the four main tactics your inner, self-sabotaging voice will use to keep you stuck.
- Become more aware of how to combat the effects of your inner, self-sabotaging voice so that you are less impacted by its influence and freer to move forward in your life.

It’s time to begin your journey into The Rebel Within.”

* * *

“This may sound strange, but we all have two lives:

- 1) The life we are currently living.
- 2) And the un-lived life within us – our yet to be manifested plans, dreams and untapped opportunity.

But between these two lives stands a Rebel Within, a self-

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sabotaging part of us that works to prevent us from reaching our fullest potential. This is why so many would-be writers don't write, so many aspiring painters don't paint, and why wannabe entrepreneurs never pursue their business endeavors.

As compelling as our desires can be, the Rebel Within uses a force just as potent to keep us right where we are and prevent us from moving toward our dreams. In the end, we don't do the things our hearts – our inner talents – are calling on us to do because we don't realize we are in a battle with an enemy living inside us.

So what can we do to *'fight the good fight'* and win this all important war? In this program, you will explore the battle you must have with the Rebel Within, and how you can defeat it.

Your journey begins by getting a clearer idea of what this second life – your unlived life – looks like for you.”

* * *

[Client Activity]

“Take out Worksheet #1 – “Hopes and Dreams”.

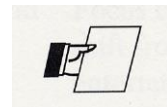
Take a moment to think back to a time in your life when your younger self was optimistic, idealistic, and hopeful.

Have this younger self take a look at your present day self. Then answer the questions listed on the 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.)*

* * *



Handout –
“Hopes and
Dreams”
worksheet

[Debrief Questions]

“Answer the debrief questions below. Then return to this module.”

- What was it like answering these questions?
- What made answering these questions difficult? Easy?
- What holds us back from fulfilling our hopes and dreams?

(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.)*

* * *

“The idea of a Rebel Within may seem difficult to grasp. But think of this second self as a *shadow* that follows you wherever you go. This *shadow* you challenges things that are new and unfamiliar that you want for your life. It creates a sense of doubt, fear, dread and worry.

So as you go through this program, I want you to keep in mind the following key message. If you learn nothing else from this program, I want you to at least remember this:

*When the Rebel Within whispers
“no ”- everything in your life will stay
status quo.*

In other words, the *status quo* won’t get you to your hopes and dreams, and it won’t ignite and drive you to reach your potential.

We all have the choice whether we want to evolve or stay

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the same. If we choose to evolve, we must first subdue the Rebel Within.

To continue your journey of The Rebel Within, move now to Module #2 as you will discover a simple three-step process to take back the reins of your life and move toward those unfilled hopes and dreams you still carry within you.”

* * *

Activity Sheets

Worksheet # 1 – “Hopes and Dreams”



Think back to a time in your life when you were optimistic and idealistic. Have this younger version of yourself take a critical look at your present day self and answer the following questions:

- 1) How true to yourself would your younger self think you've been in pursuit of your hopes and dreams?

- 2) Complete this sentence: If I could change my life right now, I would...

- 3) Complete this sentence: If my life ended tomorrow, I would regret not having achieved...