

The Rebel



Within

**Beating
Self-Sabotage**
and Reaching *Your*
Potential

**Teleseminar
Preview**





The Rebel Within

Beating Self-Sabotage and Reaching Your Potential

Teleseminar Preview



The Rebel Within - Beating Self-Sabotage and Reaching Your Potential



Congratulations on purchasing your very own Ready2Go Teleseminar!

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 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 and webinars 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 this product 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. And they are relevant to most target markets, and 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 training feeling that it was time well spent.

If hosting teleseminars and webinars 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!

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With 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 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 Teleseminar® Program

With the Ready2Go Teleseminar, your package includes:

Fully developed teleseminar with:

- Agenda, teleseminar flow, all necessary content, instructions, and scripting
- Participant exercises;
- Activity Sheets for the participants to be emailed or used in a webinar; and
- Follow-up plan which includes:
 - Homework and coaching sessions

Marketing Guide with recommendations on how to effectively market your teleseminar including:

- Logistics on how to coordinate a seamless and successful program
- Marketing timeline, and
- Teleseminar checklist.

Facilitation Guide which includes facilitation instructions for conducting a successful teleseminar including:

- Knowing your role and moving past initial fears;
- Tips on how to lead a successful teleseminar;
- Connecting with the participants; and
- Preparation for the teleseminar.

Ready2Go Promotional Guide with professionally crafted promotional materials including:

- Promotional emails
 - 2 Email invitations;
 - Reminder email; and
 - Follow-up email.



Ready2Go Marketing Solutions' Product Offerings

Be sure to check out the full range of products available to you from Ready2Go Marketing Solutions, Inc.

With these products you receive quality content created by industry professionals, 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.

That full suite of professionally crafted Ready2Go products 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
- **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
- **Speeches** for your in-person presentations
- **Teleseminars and webinars** to engage your prospects and clients through remote training
- **Workshops** to reach more people, generate income and convert more clients
- **Self-study coaching programs** formatted to be delivered as an independent, self-guided coaching program.

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

Conducting the Teleseminar

The Rebel Within

Beating Self-Sabotage and Reaching Your Potential

Participant Message

Most people are totally unaware of the fact that they have an inner, self-sabotaging voice that is constantly speaking to them. This voice will say things that at first sound like wise advice that is only meant to protect the person from emotional harm such as getting hurt, being rejected, or experiencing disappointment. So this voice will say things like:

- *"You're going to look like a fool."*
- *"Don't try that. It'll never work."*
- *"People aren't going to like that."*
- *"You're not experienced enough to make that work."*
- *Don't wear that dress; it makes you look fat."*
- *"You'll embarrass yourself if you try that."*
- *"It's too much effort to do that. And it won't work, anyway."*

There are countless more things this inner voice likes to say, but you get the idea. So the question that needs to be asked then is: have you ever heard this inner voice speaking to you? The answer for the vast majority of people in every walk of life is a resounding – yes!

The fact is we all have an inner, self-sabotaging voice that we will have to recognize and deal with sooner or later. And why do we have to deal with this voice, you may ask? The answer is quite simple: this voice will do everything in its power to hold you back, to prevent you from having a more fulfilling life. It will work hard at keeping you from moving forward towards your deepest hopes and dreams. And you can be sure that the bigger your dream is, the louder this voice will be, telling you over and over that changing anything in your current life is just too risky, too dangerous, too stupid, too hopeless, too unattainable, or completely ill-advised. It will do its utmost to convince you that if you do try changing some aspect of your life, you will definitely end up getting hurt or meeting with failure. Preserving the status quo is what this inner voice wants, and it will stop at nothing to achieve this goal.

Come to this teleseminar to better recognize the inner, self-sabotaging voice speaking in you, and learn what you can do to combat it. This inner voice will never completely leave you, but you can neutralize it so that you can get on with the job of reaching and living out your biggest and brightest possible future!

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Learner Benefits:

From this teleseminar you will be able to...

- Define the qualities and purpose of your inner, self-sabotaging voice, and realize that this voice comes from you, but at the same time isn't you.
- Recognize the four main tactics your inner, self-sabotaging voice will use to keep you stuck in your current life situation.
- Become more aware of how to counteract 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.

Teleseminar Schedule

The following agenda is meant to be a guideline and not a hard and fast schedule to keep.

Topic	Time Estimate
Starting the Call	5 min
Introductory Activity – Two Lives	10 min
Step #1 – Stop and Identify the Rebel	15 min
Step #2 – Recognize the Rebel’s Tactics	20 min
Make Your Offer Here	5-10 min
Step #3 – Combat the Rebel	10 min
Application – One Life Awakened	5 min
Total Time	75 Minutes



Step #1 – Prepare Participants for Learning

Preparing participants to learn is a critical step. This step arouses interest in participants, generates positive feelings about the learning they are about to experience, and gets them primed to learn.

Create a positive learning environment by humanizing the tele-seminar, letting participants know that they will be successful, and that the learning they are about to take on will be tremendously beneficial.


The importance of getting off to a good start cannot be overstated. What you say and do in the first few minutes of the program can make all the difference in the world between a rich learning experience for participants and a frustrating expectation of what lies ahead for the next hour.

The Rebel Within



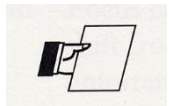
Beating Self-Sabotage and Reaching Your Potential




Teleseminar Script

(This is one of 6 activities contained within this program)


Time	Content	Notes
10 minutes	<p>Introductory Activity – Two Lives</p> <p>[Show PowerPoint slide of <i>woman looking at her reflection</i>]</p> <p>“This may sound strange, but we all have two lives:</p> <ol style="list-style-type: none"> 1) The life we are currently living. 2) And the unlive life within us – our yet to be manifested plans, dreams and untapped opportunity. <p>But between these two lives stands a Rebel Within, a self-sabotaging part of us that works to prevent us from reaching our fullest potential.</p> <p>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 businesses endeavors.</p> <p>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.</p> <p>In the end, we don’t do the things our hearts – our inner talents – are calling us to do because we don’t realize we are in a battle with an enemy living inside us.</p> <p>So what can we do to <i>‘fight the good fight’</i> and win this all important war? In this training, we will explore the battle</p>	<p>Materials Needed: Pen or pencil, and Worksheet #1 – “Hopes and Dreams”</p> 

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Time	Content	Notes
<p data-bbox="240 730 380 808">Learners Do:</p> <p data-bbox="215 1066 380 1144">Facilitator Says:</p>	<p data-bbox="402 394 1096 462">we must have with the Rebel Within, and how we can defeat it.</p> <p data-bbox="402 499 1120 571">Let’s begin by getting a clearer idea of what this second life – our un-lived life – looks like for each of us.”</p> <p data-bbox="402 646 816 682">Activity: “Our Unlived Lives”</p> <p data-bbox="402 720 1105 793">Activity Objective: Participants reflect on how true they have been to honoring their dreams.</p> <div data-bbox="402 825 506 926">  </div> <p data-bbox="511 898 656 930">Directions:</p> <ol data-bbox="451 972 1153 1848" style="list-style-type: none"> <li data-bbox="451 972 1153 1008">1. Show PowerPoint slide of <i>paper cut out of desires</i>. <li data-bbox="451 1045 1153 1411">2. Say to participants: <ul data-bbox="503 1119 1153 1411" style="list-style-type: none"> <li data-bbox="503 1119 1153 1264">▪ “The time to overcome the Rebel Within is now; otherwise, we run the risk of feeling regret later in life about opportunities missed, goals not attained, and adventures never taken. <li data-bbox="503 1302 1153 1411">▪ So let’s begin this teleseminar by identifying the hopes and dreams we have that the Rebel may be fighting against. <li data-bbox="451 1449 1153 1554">3. Tell participants to take out Worksheet #1 – “Hopes and Dreams” that was sent to them prior to the teleseminar. <li data-bbox="451 1591 1153 1701">4. Ask participants to take a moment to think back to a time in their lives when their younger self was optimistic, idealistic, and hopeful. <li data-bbox="451 1738 1153 1848">5. Have this younger self take a look at their present day self. Then answer the questions listed on the worksheet: 	<div data-bbox="1193 877 1425 1050">  </div> <div data-bbox="1226 1402 1393 1507">  </div> <p data-bbox="1209 1512 1409 1659">Handout – Worksheet #1 - “Hopes and Dreams”</p>
	<p data-bbox="191 1890 1117 1927"><i>The Rebel Within - Beating Self-Sabotage and Reaching Your Potential</i></p>	

Time	Content	Notes
Facilitator Asks:	<ul style="list-style-type: none"> ▪ How true to yourself would your younger self think you've been in pursuit of your hopes and dreams? ▪ Complete this sentence: If I could change my life right now, I would... ▪ Complete this sentence: If my life ended tomorrow, I would regret not having achieved... <p>6. Allow participants two minutes to answer the questions, then bring the group back together and debrief by asking:</p> <ul style="list-style-type: none"> ▪ What was it like answering these questions? ▪ What made answering these questions difficult? Easy? ▪ What holds us back from fulfilling our hopes and dreams? <ul style="list-style-type: none"> ▪ Solicit several responses to each question. 	
Facilitator Says:	<p>7. End by making the following key points:</p> <p> Key Points to Make:</p> <p>[Show PowerPoint slide of <i>silhouetted man.</i>]</p> <ul style="list-style-type: none"> ▪ “The idea of a Rebel Within may seem difficult to grasp. But think of this second self as a <i>shadow</i> that follows you wherever you go. ▪ This <i>shadow you</i> 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 we go through this training, I want you to keep in mind the following key message. If you 	

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Time	Content	Notes
	<p>learn nothing else from today's training, I want you to at least remember this:</p> <p>[Click the PowerPoint to reveal the key message]</p> <p><i>When the Rebel Within whispers "no"- everything in your life will stay status quo.</i></p> <ul style="list-style-type: none"> ▪ In other words, the <i>status quo</i> 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 the same. ▪ If we choose to evolve, we must first subdue the Rebel Within." 	
<p>Facilitator Says:</p>	<p>Transition to Next Topic:</p> <ul style="list-style-type: none"> ▪ "So I want to offer you a simple three-step process to take back the reins of your life and start moving forward toward those unfilled hopes and dreams you still carry within you." 	

Step #2 – Content Presentation & Practice

This is the part of the workshop where participants first encounter new knowledge.

True learning means that participants acquire a deeper understanding of a topic by pushing past the boundaries of their own awareness of the concept.

This means participants become conscious of new ideas and possibilities through their own discovery and experience of the topic. In other words, total participant involvement is necessary.

Learning is not passive; it's not an act of consumption. Instead, learning is an act of creation.

What participants think, say, and do is more important than what the facilitator thinks, says, and does. The facilitator's role is simply to initiate the learning process and then get out of the way.



Step #3 – Course Review & Application

Reviewing what has been learned is critical for long-term retention by participants. This step is the culmination, the fulfillment, of all the learning that has gone on during the workshop.

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...