

Zaheen's Virtual Trainings



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With technology like video conferencing and webinars, it's become easier to share my trainings with you.

These webinars can be offered as a part of my speaker package fee (included with my keynote) or on its own and at a much reduced price than my keynote.

Virtual trainings/webinars are a great fit for:

- Organizations whose employees or site leaders are spread out in different locations.
- Organizations that hold wellness/professional development days at work. For example, in Canada, there's *Learning at Work Week* from September 17-21. This is a great time to have virtual trainings! No need to pay travel costs for the speaker or for your employees.

I've outlined my content as SERIES because each series has a theme. Each series contains 3 webinars that can last about an hour each. The series are:

1. Productivity Series
 - a. A to Z's of Success
 - b. The Time Challenge
 - c. Overcoming Procrastination
2. Leadership Series
 - a. The Leader's Journey
 - b. What Matters Most
 - c. Resilient Talk
3. Resilience Series
 - a. Transitions and Transformations
 - b. Emotional Intelligence
 - c. Breaking Free of Worry

You do have the option to pick just one webinar from any series, or pick a whole series, which contains 3 webinars, and these will be offered to your employees within a 12-month period (you pick the dates).

Each webinar also comes with an audio book and e-book.

For a detailed description, please look through this document



PRODUCTIVITY SERIES

How to Achieve Your Goals and Get Things Done!

Are you employees struggling to keep engaged, focused and productive?

I was watching a documentary on Netflix on "The Assassins of the World" (or something like that) and I found it fascinating because they'd talk about the empires that existed between the 10th and 15th centuries and the strategies they used.

One of them were the *Fidayins* whose job was to protect the Alamut Fort and their people. The leader, Hasan-ibn-Sabah, taught his followers specific moves that are taught today in the Special Forces!

Two things caught my attention:

- The *Fidayins* practiced a **fighting style called *Janna***, which incorporates striking techniques, grappling, and low kicks and they practiced for hours so it became part of their unconscious while using only one weapon - the dagger.
- Their **fighting strategy** consisted of one principle: To assassinate hostile leaders without casualties and innocent loss of life and to do it in disguise when the hostile leader is at his most vulnerable.

What does this have to do with being productive and creating habits that will stick?

- The *Fidayins* had to be so precise and timely when carrying out the job that a mistake could not be made. In fact, they'd create the scenario and practice. This means when creating habits, it takes constant practice so it becomes a routine that you don't even have to think about it. IT BECOMES A PART OF WHO YOU ARE!
- Implement new habits when there's least opposition, it's in your favour and the environment is conducive to success. The *Fidayins* would only attack when the enemy was vulnerable.

What if your employees thought like a *Fidayin*? Now I'm not saying they become assassins, but what if they:

1. Implement habits when there's least resistance and it's in their favour.
 2. Create a strategy that is in alignment with their strengths rather than working against it.
 3. Picked only one thing to focus on implementing rather than 5 different things.
 4. Create a system that will keep them engaged, focused and productive.
- The *Fidayin* had a system of fighting and striking at the right time. Similarly, create a system that will work into becoming habits.

In this Productivity Series, I offer 3 live virtual trainings/webinars. This type of training is great if you have multiple sites or employees who are spread out in different locations. All you do is set up a computer and I live stream my training straight to the screen. Each Webinar includes worksheets, an audio book and an e-book. After the training, a recording will be available too.

Here's what your employees will learn in the Productivity Series:

Webinar 1

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

Every time you accomplish something you set out to do, you get a rush of excitement, a feeling of bliss and deep satisfaction, secure in the knowledge that all is well in the

world. Unfortunately, we don't always accomplish what we set out to do, and that gives us a feeling of failure, disappointment and defeat. However, those feelings and set-backs are short-lived and easy to overcome...you just need the right tools. Create your own, unique, repeatable success plan for any project you might undertake in the future. You'll discover how to ensure successful outcomes and overcome the *toughest* obstacles.



- ***Behavior Based Goals* e-book and audio book included**

Webinar 2

The Time Challenge: Making Every Moment Count!

If you're like MOST people, you're wasting the most precious and limited resource you have – your time. Every second the clock ticks away at another moment of your

life, and that's time that you will NEVER get back. You can't save it, you can't hoard it, you can't stash it away to use another day. When it's gone, it's gone, and it's the most valuable thing you've ever been given. Discover how to identify and maximize both your high productivity and low-energy periods. You'll also figure out what your personal top time-wasters are and how you can overcome them.



- ***Eliminating Distraction e-book and audio book included***

Webinar 3

Overcoming Procrastination: The Art of Getting Things Done Now!

Procrastination is one of the easiest destructive habits to slip into. *Everyone* falls prey to it at some point or another, and it almost always results in anxiety, fatigue, worry, stress, and less-than-excellent results. Fortunately, I have a fail-proof system designed

to help you create strategies to overcome distraction & procrastination for good. You will not only discover why you put things off, you'll craft your very own, customized action plan to get you un-stuck any time you catch yourself procrastinating. When you're focused and on fire, anything becomes possible. You have more fun while getting things done, accomplishing important goals, and feeling fulfilled.



LEADERSHIP SERIES



Every day you have an impact on people.

Every day you affect those around you, and the varying outcomes of their decisions.

Every day, you take the lead...whether you realize it or not.

Yes, **YOU MATTER**. You have a very unique and powerful impact on people.

The question is...are you making the *kind* of impact you desire?

You see, the way you live your life...from running your household to running the office...or even *running errands*...has an impact on literally THOUSANDS of people. You are sitting in the Captain's chair of **YOUR LIFE**, and if you don't recognize that, you could be *abusing* your power through negligence...and accidentally having a negative impact on a lot of people.

But you can wield your power and influence with grace, ease, and supreme responsibility...

When you can effectively take the lead in any situation, you can empower and influence others to live their best lives and work with you toward your desired goal, to the greater benefit of all involved.

Leadership isn't something reserved only for people in "management positions. "Leadership applies to ALL personal and professional situations. And it doesn't matter if you run a Fortune 500 company, work on the lowest rung of the corporate ladder, have a family, are in a relationship, or volunteer with a community organization...the quickest way to improve YOUR LIFE and your situation is to ***actively enhance your leadership skills.***

Because really, if you're going to make an impact on others (and you do...EVERY DAY), then you might as well *consciously* shape your intentions and make the kind of impact that you WANT to make.

And please, let go of the "natural born leader" story. Although many people *appear* to be natural-born leaders, almost all of them have *learned* the leadership skills they use. **You can learn the same skills** and greatly amplify the impact you have on others.

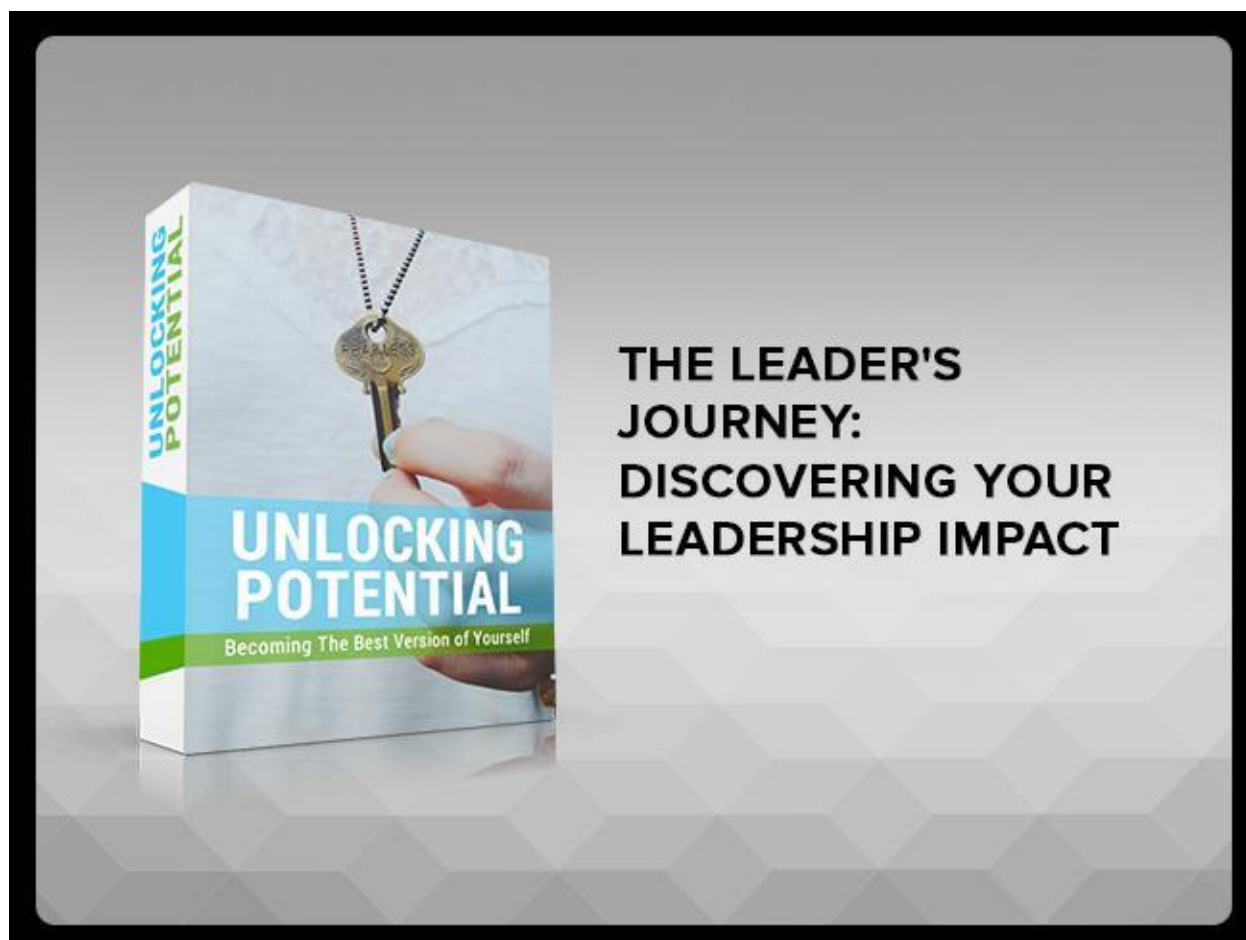
In this Leadership Series, I offer 3 live virtual trainings/webinars. This type of training is great if your organization has multiple sites or leaders who are spread out in different locations. All you do is set up a computer and I live stream my training straight to the screen. Each Webinar includes worksheets, an audio book and an e-book. After the training, a recording will be available too. **Here's what your site leaders will learn in the Leadership Series:**

Webinar 1

The Leader's Journey: Discovering Your Leadership Impact

Every day you have an impact on people. Every day you affect those around you, and the varying outcomes of their decisions. Every day, you take the lead...whether you realize it or not. The question is...are you making the *kind* of impact you desire? Observe your impact as it's reflected back to you, observe your actions as you carry them out, and observe your mindset as it fills your thoughts and shapes your attitudes.

With this model you have an ever-ready tool to use any time that you are not getting results you desire. That's a tool worth keeping in your toolbox, wouldn't you say?



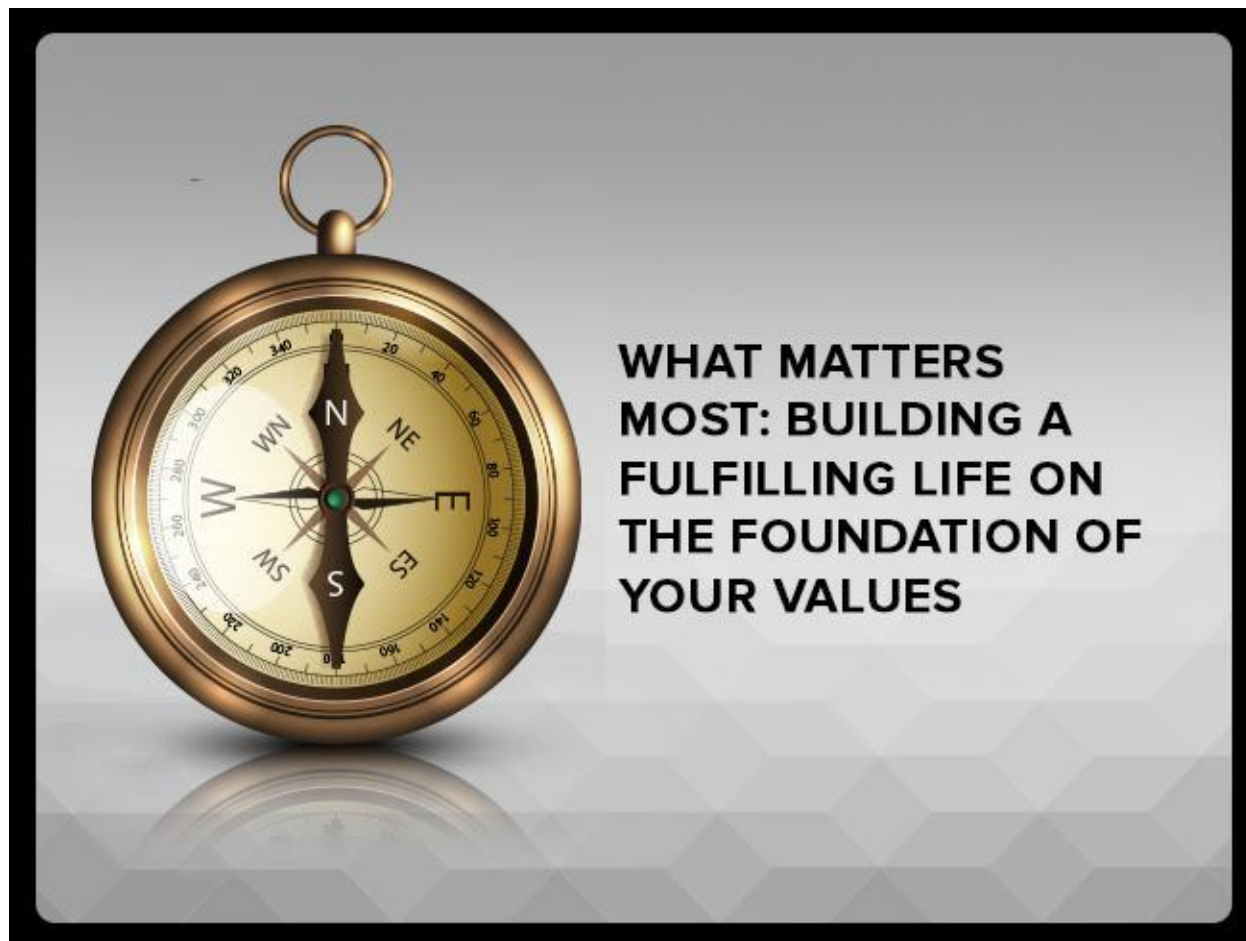
***Unlocking Potential* e-book and audio book included**

Webinar 2

What Matters Most: Building a Fulfilling Life on the Foundation of Your Values

If you've gotten off track in life, it's probably because you've lost touch with your core values. Don't worry, this happens to a lot of people. We're bombarded with information every day...advertisements, propaganda, opinions, influences of others, and more, all vying for our attention and trying to steer us in a new direction. When you're out of touch with your core values, it's hard to be truly happy. It's hard to be

satisfied with life, because you're not moving in the direction of your inner compass. Happiness, health, wealth and fulfilling relationships can be yours once you've learned to find and align with your true values.



Making Moments E-book and Audio Book Included

Webinar 3

Resilient Talk - Secrets of Communicating More Effectively

Resilient Talk is a method for implementing some of the most powerful communication secrets that have been used by some of the greatest and most effective communicators in history.

Not only will Resilient Talk help you gain a better understanding of how you currently communicate with others (including your own strengths and weaknesses), but it'll also help you understand the same about others as well.

With Resilient Talk, and the simple art of subtle observations and daily practice, you'll be able to become *a more flexible and influential communicator* who can connect with difficult people, on a more fundamental and deeper level.





Are your employees going through constant change or feel overwhelmed and stressed out?

It was once said that without any pressure, there would be no diamonds. This is true. Adversity and challenges can shape us, strengthen us, or they can either make us become a better version of ourselves...or feel like complete failures.

Everyone faces challenges in life in one way or another. It's how we hold strong and remain resilient during those times that really matters. They can be either become the *tipping points* to greater success...or the *breaking points* to failure.

In today's fast-paced world that's always evolving and changing, there are several components in life that really don't really matter including...

- Your overall “smarts” or intelligence
- Your personal talents and skills
- Your wealth and connections in life

But let's be clear, because I know right now you're probably saying to yourself: *“Actually, those things DO matter.”*

And I'll agree, they do indeed matter but ONLY if you have the **inner strength and resilience** to back them up. Otherwise, you'll simply get run over and none of those components will ever lead to fruitful things for you in life, or your work.

“Resilience is the ‘secret sauce’ of success in both life and work, and the more your employees can build an inner state of resilience that is simply unbreakable, the greater success they’ll have in their own life.”

When you have a *lack* of inner resilience, it'll hold you back in all areas of your life including: your own relationships, your own success at work, and even achieving your own goals.

So what can ONE do to boost their own personal resilience?

It all starts with this...

“Waking Up Our Own Inner ‘Resilience Reflex’ In Order To Achieve GREATER Success!”

If there is one thing that is a constant guarantee in life, it's this: There are no guarantees.

Nothing is as sure as change!

In life one can either trust in these changes and/or work with them accordingly, or one can resist them and make their life a constant battle.

But did you know that deep inside of us is something really powerful that helps keep us afloat in life? It helps us survive life's curveballs and challenges.

“This is something that is “built in” into every human being, yet most people do not fully tap into it like they should...”

Those that do tap into it and use it to their advantage are almost always much happier and successful in life than those who don't.

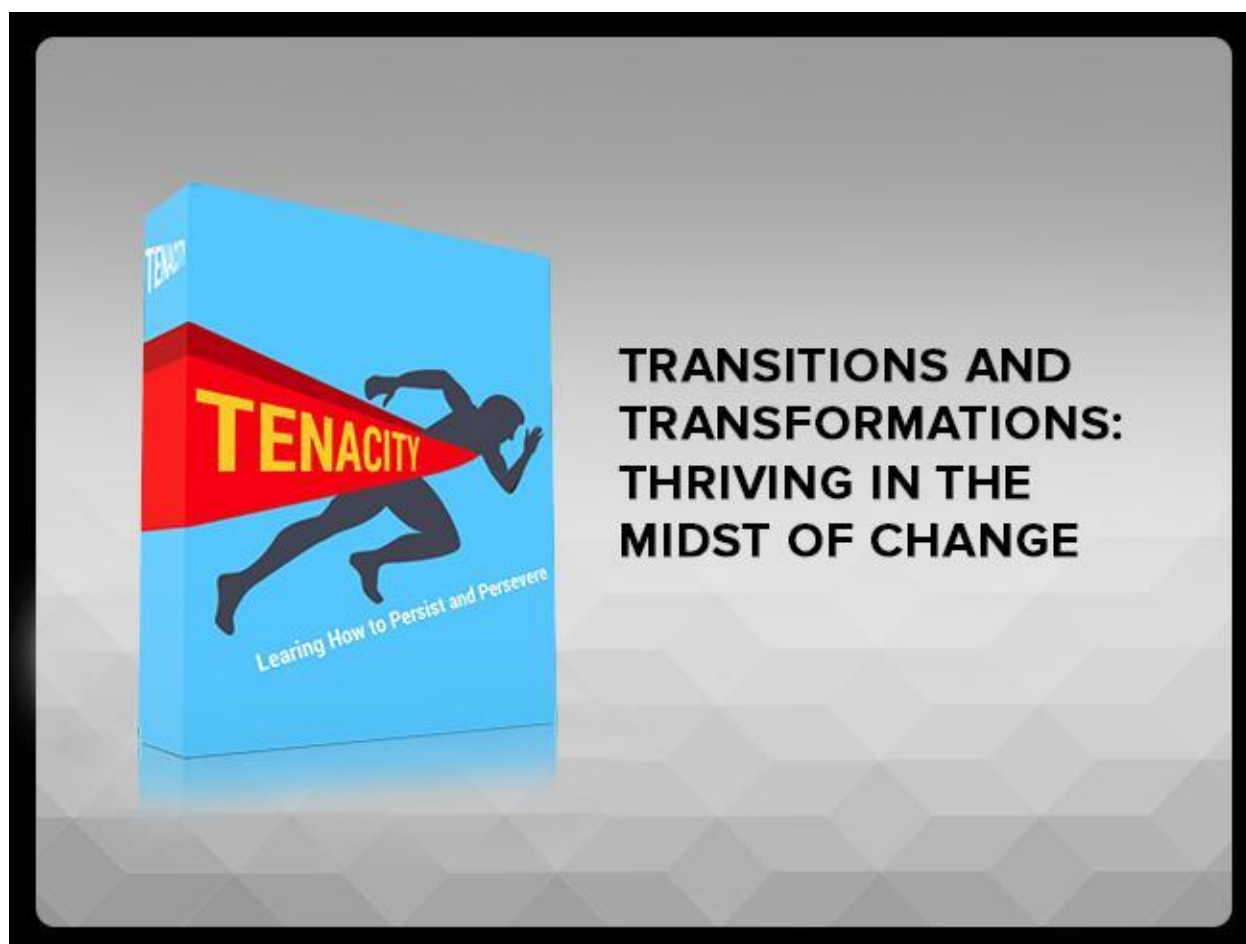
So what is it exactly?

It's called the **Resilience Reflex**. And I can help your employees tap into it with this masterful series of 3 webinars:

Webinar 1

Transitions and Transformations: Thriving in the Midst of Change

We know that change is inevitable and there's really no way around it. But people still fret about it, worry about what's lurking around the corner, and wonder when the proverbial "other shoe" is going to drop. In this class you'll learn: How to reshape your perspectives to better handle change; the secret tricks to transform internal chaos into motivational inspiration, and how to embrace new changes and challenges, and use them to your advantage.

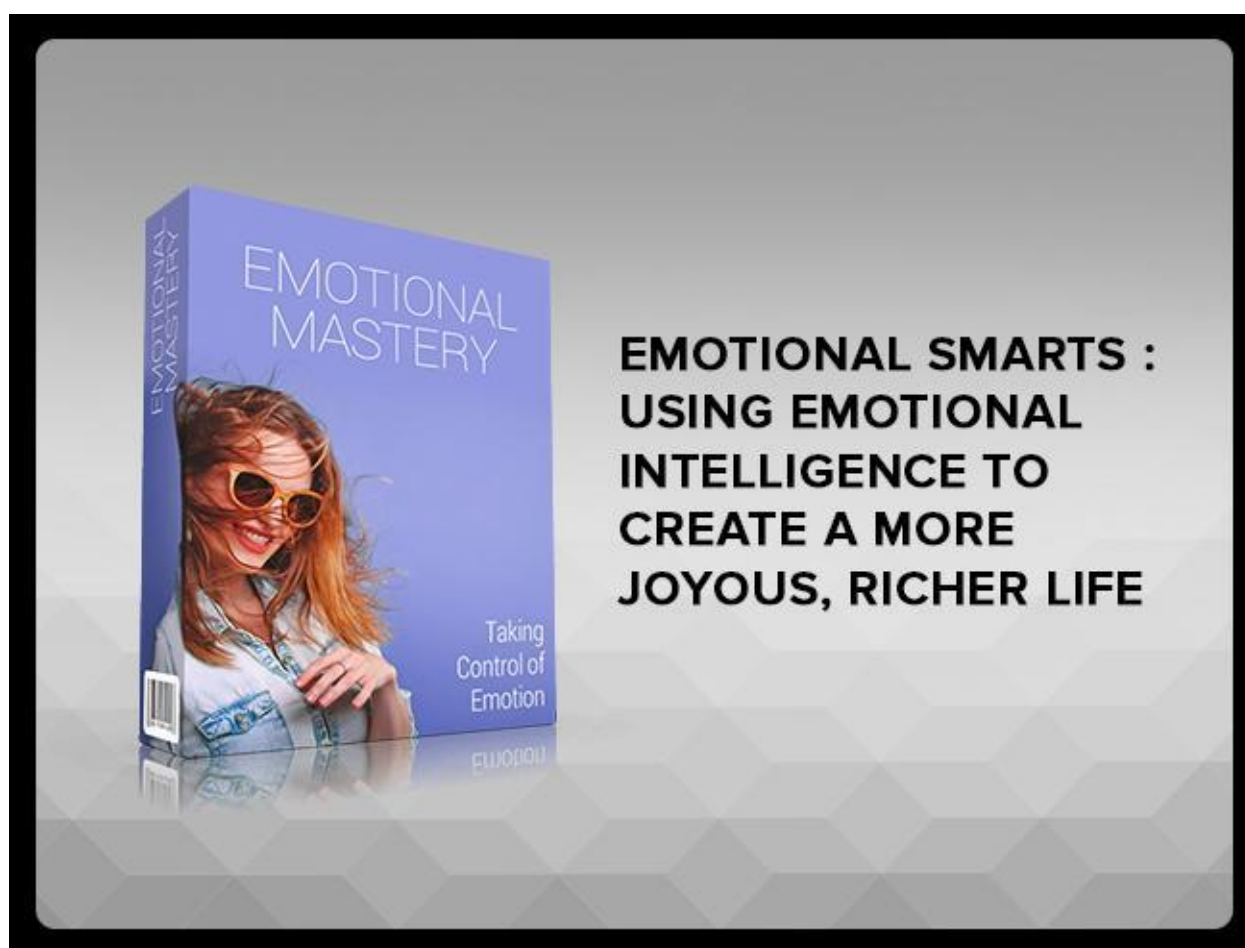


Tenacity e-book and audio book included

Webinar 2

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

We all want a lot of the same things. And those wants and desires shape our emotional responses to the situations we encounter in life. So understanding these simple, core human desires gives us an advantage when dealing with people and their emotions. And that advantage can make the difference between success and failure at work, home and out and about in life.



Emotional Mastery e-book and audio book included

Webinar 3

Breaking Free of Worry: How to Let Go and Find Peace in the Face of Life's Uncertainties

Not everyone is ready to do what it takes to create a joyous and fulfilling life for themselves...

After all, it takes focus, determination, hard work, and the willingness to implement new habits, and give up a few really bad ones.

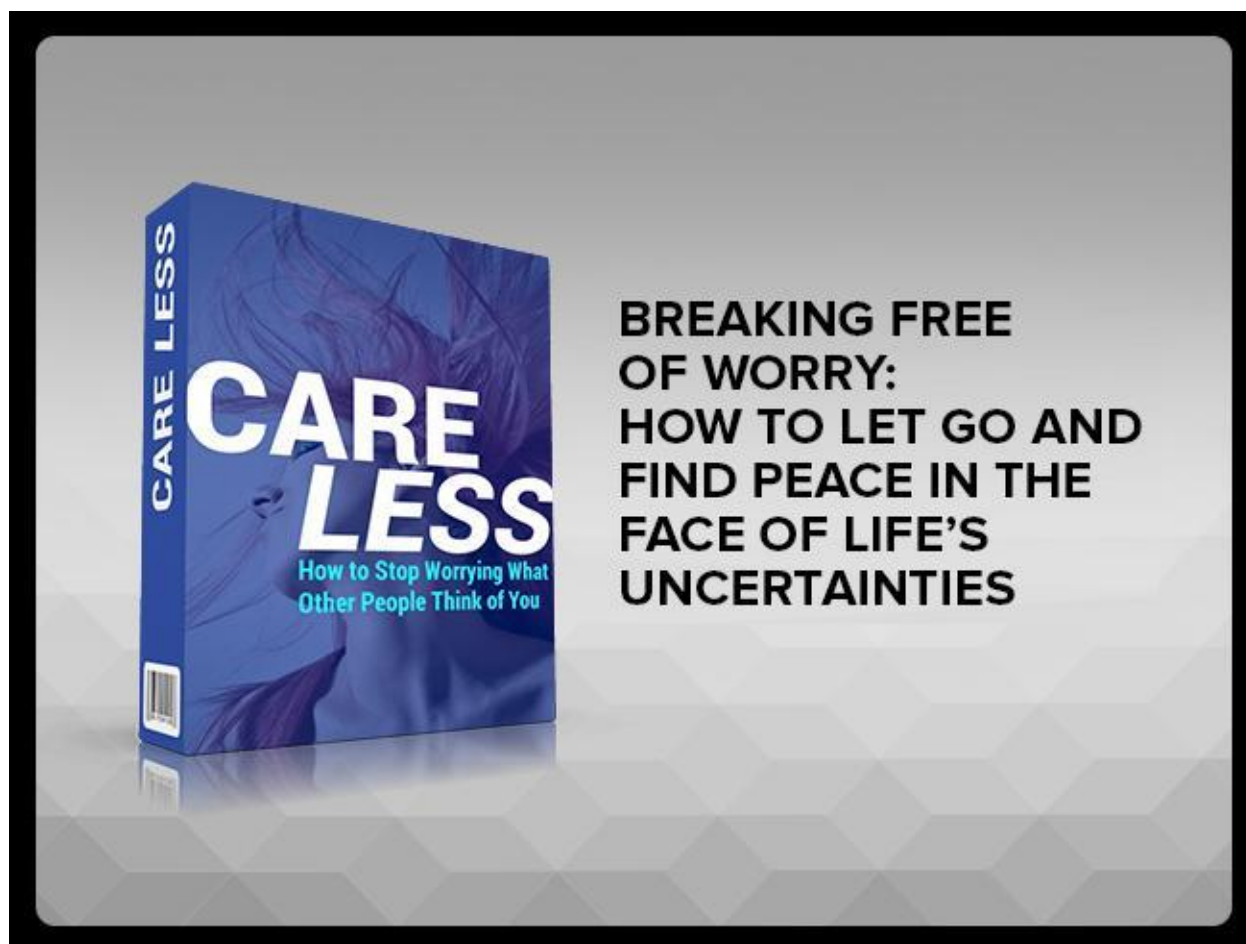
If you are *one of the few* who's ready and willing to make joy and fulfillment a top priority, I think it's only fair that you know about **one of the most critical mistakes** you can make...*and how to avoid it.*

WARNING: This critical mistake *may* be one of your favorite habits...

Have you guessed it yet?

We're talking about worry.

Excessive, habitual worry is the #1 contributor to stress-related illnesses, anxiety, depression, and worse. It's been linked to heart attacks, mental illness, and perhaps worst of all... Habitual worry robs you of the ability to *actually solve the problems* that you're worried about. Fortunately, the worry habit is actually pretty easy to break.



Care Less E-book and Audio Book included

Your own inner Resilience Reflex gives you the transformative power to...

- **EMPOWER** you to easily become more “unstuck” in life when unexpected challenges and obstacles enter your life. It allows you to disconnect easier and to continue to move forward in your life.
- **ENDURE** and survive the biggest storms in life, work and relationships. And most of all, come out of them as a stronger, and even more confident person!
- **RECOVER** from the physical and mental sensations you may feel that include: anxiety, stress, fear, and worry once you’ve faced a big, and even unexpected challenge or issue in your own life.

Your Instructor



I've learned a great deal about embracing change and fear over the course of my lifetime. My struggles began at the age of five, when an incident left me with a severe speech impediment. At the age of 15 I had to learn to live in a new country without my parents, which was such a traumatic experience, it made my speech impediment even worse. More recently, I was diagnosed with breast cancer – a truly terrifying experience to have to cope with.

I'm happy to say that I have bounced back from all that life has thrown at me so far. My books have won awards and are best-sellers, and my career as an international transformational speaker is going better than I could have ever hoped for.

Zaheen Nanji

I would love to be able to help you in your quest for resilience – and I promise it will change your life.