



Breaking Free

from a

World of Worry

**How to
Let Go and Find Peace**
in the Face of Life's
Uncertainties

**Teleseminar
Preview**



Ready2Go
MARKETING SOLUTIONS

Breaking Free from a World of Worry

How to Let Go and Find Peace in the Face of Life's
Uncertainties

Teleseminar Preview

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!



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.

ARE YOU A MEMBER OF THE TELESEMINAR OF THE MONTH CLUB?

If you are a member of the Teleseminar of the Month Club, you get comprehensive training, support, and guidance, all the products listed above, AND these additional done for you products:

- Registration and thank you page copy; and
- Registration and thank you page html files (completely developed web pages ready to put on your website)

The **Webinar** includes:

- Professionally crafted slides to coordinate with your teleseminar, making it a webinar Presentation.

To learn more about the Teleseminar of the Month Club program, [click here](#)

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.

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 Training	5 min
- Welcome	
- Agenda	
Introductory Activity – What We Worry About Most	10 min
Segment # 1 – Why We Worry	15 min
Segment # 2 – Our Worrying Becoming a Habit	15 min
Make Your Offer Here	5-8 min
Segment # 3 – Solving the Problem of Worrying	15 min
Application - Final Thoughts – Acceptance is the Opposite of Worry	10 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.

Time

Content

Notes



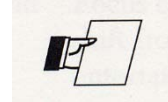
Directions:

1. Show PowerPoint slide of *woman in thought silhouette*.
2. Have participants pull out Worksheet #1 – “What People Worry About Most” that was sent to them prior to the teleseminar.
3. Tell participants that the worksheet lists the top 24 most common worries people have, and that you would like them to place a checkmark next to the top three items you think people worry about most.
 - Allow two minutes for this portion of the activity.
4. After participants have gone through the list and selected the top three worries, have them go back and place a checkmark next to the top 3 things they worry about most.
 - Note: Let participants know that identifying their top 3 worries is just for their benefit and that their responses will not be shared during the course.
 - Allow another minute for this portion of the activity.
5. Bring the group together and ask for volunteers who would be willing to share what top three things they feel people worry most about.
 - Solicit several responses.
6. Show slide of *woman in thought silhouette* revealing top reasons people worry.
7. Say:

“Based on a review and summarization of

What Do I Worry About?

- From the worksheet, select as many of the worries that apply to you
- Then choose your top 3
- Think about why these top 3 worries are so big for you



Handout –
Worksheet # 1 –
“What People
Worry About
Most”



What Do People Worry About Most?™

1. Health
2. Finances/Retire
3. Job Security
4. Relationships
5. Family (Worries about children in some cultures)
6. Aging (Concerning the age of the caregiver)
7. National Affairs (Politics)

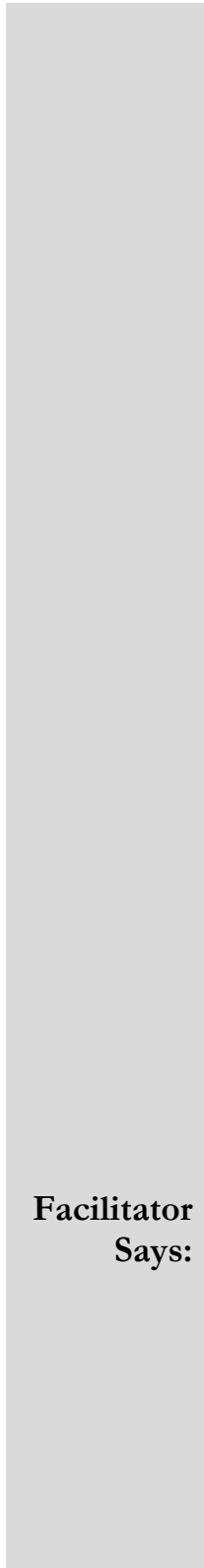
Based on review and summarization of materials.



Time

Content

Notes



numerous polls, these are the top reasons people worry. They are in no particular order as the demographics of people which include race, geography, age, education, job status, social status, etc., influence things they worry about most.

But overall these are the similarities that affect almost everyone to some degree:

1. Health
2. Finances/Money
3. Job Security
4. Relationships
5. Weight
(More predominant in some cultures)
6. Aging
(Depending on the age of the demographic)
7. National safety (Globally)

8. Debrief by asking the following questions:

- What did you notice about the things that people tend to worry about?
- What makes these worries more significant than the others?
- How do you think uncertainty and worrying are related?
 - Solicit several responses to each question.

9. End by making the following key points:

Facilitator Says:



Key Points to Make:

- People have mixed feelings about worrying:
 - On the one hand, **worrying is bothersome**—it keeps us from sleeping, causes us a lot of stress, and constantly fills our minds with negativity.
 - On the other hand, worrying actually **feels**



Time	Content	Notes
Facilitator Says:	<p>productive. We think that by worrying we will figure out a solution, or identify something that's been overlooked.</p> <ul style="list-style-type: none"> ▪ We don't want to feel anxious and stressed all the time. But even though we don't want to feel this way, we convince ourselves that it's better than not worrying, and then have something happen, and not be prepared. ▪ That's where the problem with worrying lies – we view it as an effective way to handle life's uncertainties. 	
	<p>Transition to Next Topic:</p> <ul style="list-style-type: none"> ▪ Aside from thinking that worrying is productive, what else contributes to why we worry? ▪ Some of the reasons we'll explore may surprise you. 	

(This is one segment of 5 in this training)

Activity Sheets

Worksheet # 1 – “What People Worry About Most”



1. What follows is a list of the top 24 most common worries researchers have identified. Review the list & place a checkmark next to the top three items you think people worry about most.
2. Next, place a checkmark next to the top 3 things you find yourself worrying most about. (This is just for your benefit; your responses will not be shared.)

- | | |
|---|---|
| <input type="checkbox"/> <i>Health</i> – health issue I have | <input type="checkbox"/> <i>Money</i> – financial or credit card debt |
| <input type="checkbox"/> <i>Health</i> – generally getting older | <input type="checkbox"/> <i>Money</i> – paying bills, rent or mortgage |
| <input type="checkbox"/> <i>Health</i> – a friend or relative’s health issue | <input type="checkbox"/> <i>Money</i> – my savings and financial future |
| <input type="checkbox"/> <i>Health</i> – general unhappiness | <input type="checkbox"/> <i>Work</i> – job security |
| <input type="checkbox"/> <i>Health</i> – my weight, diet | <input type="checkbox"/> <i>Work</i> – getting tasks done or reaching work goals |
| <input type="checkbox"/> <i>Relationships</i> – someone I have had a falling out with | <input type="checkbox"/> <i>Career</i> – what to do or finding a new job |
| <input type="checkbox"/> <i>Relationships</i> – finding the right person to love | <input type="checkbox"/> <i>Safety</i> – where I live and crime |
| <input type="checkbox"/> <i>Relationships</i> – family or relative’s issue | <input type="checkbox"/> <i>Safety</i> – world, state, city, local unrest |
| <input type="checkbox"/> <i>Relationships</i> – a friend’s issue | <input type="checkbox"/> <i>Responsibility</i> – being late for something important |
| <input type="checkbox"/> <i>Relationships</i> – a pet’s health | <input type="checkbox"/> <i>Parenting</i> – raising children right |
| <input type="checkbox"/> <i>Appearance</i> – the way I dress | <input type="checkbox"/> <i>Self-image</i> – being rejected or not gaining approval |
| <input type="checkbox"/> <i>Appearance</i> – my physique | <input type="checkbox"/> <i>Self-image</i> – letting someone down |