

# Transformational Health & Success... for Recruiters

*Boosting Performance and Success. Designed for recruiters, by recruiters.*

**This six-session coaching program takes you to your next level of health and success.  
Join us to help reach your true potential!**



*"Your health is what you make of it. Everything you do and think either adds to the vitality, energy and spirit you possess or takes away from it."*

*- Ann Wigmore, The Hippocrates Diet and Health Program*

Presented by Tish Conlin: Author, Big Biller Recruiter, Registered Nutritionist, Black Belt in Shoot Wrestling, and President of Global Consulting Group Inc.

## COURSE SESSION OUTLINES

### SESSION ONE: PEAK PERFORMANCE ENERGY

- How nutrition & energy affect recruitment success
- Adopt energy food - boost & maintain energy all day
- Be invincible - Upgrade your immunity, organs, blood flow
- Weight management: Diet plans, reduction, and recipes
- Recruiter Lesson: Plan your day - pace your energy
- 5 Energy boosting tips for business development
- Tougher challenges: Fatigue, Cravings, Weight
- The book: Food Rules, An Eaters Manual (M. Pollan)
- Recruiter hand-out review, Q & A

### SESSION TWO: MOVEMENT IS POWER

- Get confidence-boosting food into a regular diet
- Confidence killing moves that cost recruiters the deal
- Rebuilding lost client relationships
- Recruiter Lesson - Is sitting the new smoking?
- Increasing confidence to win sales & get more retainers
- Structure your day to increase movement & confidence
- 7 Tips: An Exercise Lifestyle - boost motivation & poise
- The book: 'Born to Run... Superathletes...' (McDougall)
- Recruiter hand-out review, Q & A

### SESSION THREE: BE A STRESS MANAGEMENT GURU

- Foods that lower stress & support related organs
- Stressed Out !!! ...foods to avoid
- Recruiter Lesson - Less stress → better relationships
- 6 Tips for cold-call anxiety and reducing stress
- The book: 'Stress Management...' (Charlesworth, Nathan)
- Recruiter hand-out review, Q & A

### SESSION FOUR: FOCUS - GETTING IN THE ZONE

- Foods that boost concentration, memory & intelligence
- Foods to avoid that making us foggy
- Recruiter Lesson – Faster success by better focus
- 5 Tips for creating achievable recruiting goals and avoiding distractions
- The book: 'Focus... the driver of excellence' (D. Goleman)
- Recruiter hand-out review, Q & A

### SESSION FIVE: MASTER COMMUNICATOR

- Foods that boost and regulate your mood
- Recruiter Lesson: Emotional Intelligence & repeat business
- 7 Tips for overcoming self-doubt and recruiter slumps
- The Book: 'Emotional Intelligence... Sales Success' (C. Stanley)
- Recruiter hand-out review, Q & A

### SESSION SIX: ATTRACTION MARKETING

- Foods to boost your charisma & regulate hormones
- Recruiter Lesson: Draw clients to you... positively!
- 7 Tips for daily authenticity, engagement & passion
- The Book: '...Engaging the Magic' (M. Dooley)
- Recruiter hand-out review, Q & A



GLOBAL CONSULTING GROUP INC.

