



JANUARY 2014



# TRAINER'S BOX

## NEWSLETTER



LET'S MAKE

# A GOOD YEAR!

**DON'T MISS OUT ON NEW  
EXCITING & USEFUL  
ARTICLES**

### TRAINER'S MIND POWER:

- [Using NLP to get Things Done](#)
- [Planning to succeed using NLP](#)
- [Skill Modeling Techniques](#)
- [NLP Modeling Techniques](#)
- [Mind Juggling Techniques](#)
- [5 Ways to read your Subconscious Mind](#)
- [Biggest Myth about Memory Capacity](#)
- [5 Blasting Memory Mnemonics](#)
- [5 daily rituals to harness Brain Power](#)
- [Positive Affirmations for a 2014 Jump-Start](#)
- [Tripling your reading Speed in 20 minutes](#)

### BEST DIET FOR TRAINERS:

- [Good Food for Winter blues](#)
- [Low Calorie Food that Keeps you Warm](#)
- [3 "Out of the box" Coffee Recipes](#)
- [Tips for Maintaining your Vocals](#)

### COLOR THERAPY FOR TRAINERS:

- [Color Therapy for Winter Blues](#)
- [The Color of your Aura](#)

### Error-proof Management for Trainings:

We gathered up hundreds of questions on our newly launched "[Management Packets](#)" (which include ready-to-use training [Processes](#) and [Templates](#)) and added a summary of all questions & answers to our [FAQ page](#); thanks for everyone who liked our products or helped in developing them ☺ To check out all training products [Click Here!](#)

**Don't miss your 30% DISCOUNT on  
[Games, Presentation Kits & more!](#)**

**New: We've got live chat!**

[TRAINER'S BOX](#) has live chat just for you! If you [have any questions](#) go ahead and ask us live while you are visiting any of our pages and our live chat support team will be there for you. Soon we shall be having a 24/7 live chat to accommodate your questions at all times ;)

! Announcement: [Doaa K.](#) is happy to offer a **FREE weekly online consultation** (Live Chat) for trainers who seek management advice on 'Managing Training Events' each Wednesday:  
11am – 12pm (PST) or 7pm – 8pm (GMT)  
8am – 10am (GMT) or 4pm- 6pm (WST) or 12am – 2am (PST)



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