

MARCH 2014

# TRAINER'S BOX

## NEWSLETTER



### Coffee Break Articles

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- [Visual Squash NLP Technique](#)
- [3 NLP Persuasion Tactics](#)
- [Acupressure for Sinuses](#)
- [Foods that Harm Vocals](#)
- [Participants' Ground Rules](#)
- [Wrong Habits that Hurt Trainers Backs](#)
- [Biogeometrical Stunts to Pump your Energy](#)
- [Placebo Effect Wonder](#)
- [Best and Worst Times to Get Hydrated](#)
- [Tips to Power Charge your Vocals](#)
- [Right –Brain Left-Brain Lambada](#)
- [Give your Humor Skills a Blast](#)
- [6 Ways to Improve Attention Spans](#)
- [5 Tips to Eliminate Stage Fright](#)
- [NLP Action Filter](#)
- [The Power of Play](#)
- [12 Reasons Why Emotions Are Imperative to Learning](#)
- [5 Ways to Assess People Without Scaring Them Away](#)
- [Get Rid of these 3 Mental Barriers to Get the Body you Want](#)
- [10 Easily Misunderstood Hand Gestures](#)
- [What you Need to Know About Adult Attention Spans](#)
- [3 Infallible Tricks to Add Humor to your Presentations](#)
- [7 Ideas on How to Market your Training at Low Cost or No Cost](#)
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