

OCTOBER 2013

TRAINER'S BOX

NEWSLETTER

DID YOU READ OUR NEW & EXCITING ARTICLES?...

TRAINERS MIND POWER:

- [Understanding your brain waves](#)
- [How could you reach Alpha?](#)
- [How Memory Works](#)
- [Mind Mapping](#)
- [What is Chi](#)
- [Benefits of Yoga & much more](#)

EASY EXERCISE FOR TRAINERS:

- [How often to work out](#)
- [Pain Management for headaches](#)
- [Hand Numbness](#)
- [Neck Relievers](#)

DRESS CODE FOR SPEAKERS:

- [Tips on dress code](#)
- [What to wear](#)
- [Colors you need in your wardrobe](#)

& much more on:

- [Aromatherapy](#)
- [Event management](#)
- [Color therapy](#)

8 NEW FUN GAMES

[Expectations](#)

[Tension Buster](#)

[Mind Twirl](#)

[Speech Correction Set](#)

[Fantasy Rush](#)

[Happy Haaa](#)

[Attention Grabber](#)

[Names Hunt](#)



100 Tricks of the Trade for Mentor Training Presentation is in Store!

This useful presentation hit the media last week of September, after being claimed by popular demand on LinkedIn.

It will help you boost your mentoring skills and ability to influence others. Topics in this course cover techniques and practices trainers can do to improve their vision of self-image and eliminate causes of distraction that trainers usually face. It runs for 45 hours and includes 300 customizable slides. Check it out: [click here](#).

25% discount for LinkedIn Connections; if you didn't receive the coupon number send us an email on: helpdesk@trainersbox.net

Did you vote for your most needed presentation in our [Life Skills](#) and [Management Skills](#) collection? Tell us your preference Now!