

Eat That Frog!

***Discover the Secret 21 Ways to Stop Procrastinating
and Get What You Want In 2009***

"It Has Been Extremely Life Changing!"

"Fast Moving Training With Great Information!"

"I Was Just Plodding Along Thinking Everything Is Ok"

If you go to www.eatthatfrog.com.au you can see a live presentation
on this workshop

OVERVIEW

Eat That Frog! is really the management of your life. In this fast moving one day workshop, you will learn how to apply the most important personal management principles ever discovered to every area of your life.

The goal of Eat That Frog! is to enable you to double your productivity, performance and output.

THE BENEFITS

- Decide exactly what you want
- Determine your most important goals
- Set priorities in each area of your life
- Unlock your mental powers
- Focus on your most valuable tasks
- Eliminate low-value, no-value activities
- Apply "Zero Based Thinking" to every area of your life
- Downsize, delegate or eliminate non-essential work
- Double your productivity and double your free time.

Acorn Training and Consulting

ABN 34073999185

74 Townshend St, Phillip ACT 2607

Ph: 02 6217 7000 Fax: 02 6217 7001

courses@acorntraining.com.au

There just isn't enough time for everything on our "to do list" and there never will be. Successful people don't try to do everything. They learn to focus on the most important tasks and make sure that they get done.

If the first thing you do each morning is to eat a live frog, you'll have the satisfaction of knowing that it's probably the worst thing you'll do all day. "Eat that frog" is a metaphor for tackling the most challenging task of your day, the one that you are most likely to procrastinate on, but also the one that can have the greatest positive impact on your life. *Eat That Frog!* shows you how to zero in on the critical tasks and organize each day. You'll not only get more done faster but you will get the right things done.

PRESENTER

Let Me Introduce You to the "Eat That Frog" Experts

MASTER TRAINER:

Mr. Mark Garbelotto is an acclaimed expert in facilitating, educating and training people in the areas of **personal effectiveness, peak performance and personal leadership** and achieves amazing results in the now. Describing personal development and education as a necessity in achieving your life's dreams, Mark is the CEO of the Wealth Empowerment Institute and is an accredited licensed provider of the Brian Tracy International training programs in Australia.

He is a Master Brian Tracy International Trainer with over 20 years experience. Mark has trained small internal group's right up to larger trainings of over 1000 people in Australia and New Zealand. He has successfully built and owned several businesses over the last 17 years.

VIRTUAL TRAINER:

Mr. Brian Tracy is one of the world's leading authorities on the development of human potential and personal effectiveness. Brian has invested more than 25 years in studying business, psychology, sales management, economics, history, philosophy and metaphysics. His unique background has enabled him to synthesize vast amounts of information and ideas into training programs that are truly original and educational to get results NOW.

Brian has written 47 best selling international books, including "Eat That Frog" and created 350 audio, DVD adult based learning programs that are currently being taught in 45 countries around the world. Brian is the founder and CEO of Brian Tracy University & Brian Tracy International which is recognised as one of the world's premier training and development organisations.

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| Schedule | |
|----------------|--|
| 9:00am | Welcome. Introduction and Pre-Seminar Work |
| 9.30am | Diamond Minding |
| 10.00am | Identifying Your Special Talents & Abilities |
| 10:40am | <i>Morning Tea (20 Minutes)</i> |
| 11.00am | Personal Goal Setting |
| 11.30am | Critical Constraints Mind Storming |
| 1.00pm | <i>Lunch (45 minutes)</i> |
| 1.45pm | Four Ways To Increase Your Productivity Time Allocation Exercise Eleven Secrets to High Performance and Personal Effectiveness |
| 3.00pm | <i>Afternoon Tea (20 Minutes)</i> |
| 3.20pm | Zero Based Thinking Six Steps to Simplification |
| 4.15pm | Decision Making Action Planning Review |
| 5.00pm | Finish |

"It Has Been Extremely Life Changing!"

"Hi Mark, Thanks for the "Eat That Frog" Training - it has been life changing, the program is concise straight to the point. The book and work manual can be revised and revisited regularly to ensure you are on track with your goals and time management for both work and life. The 80/20 rule for me will be the most life changing." **Silvana Jovic, Marketing Director, Sydney**
www.TheChiropracticAlliance.com.au

"Fast Moving Training With Great Information!"

Thanks Mark... you made the day fun and educational. This fast moving training with great information that I can take away and apply to my life NOW! The "Eat That Frog" Training is Truly Amazing! **Debbie Elford, Life Coach**
Ballarat, Australia www.CoachingUForward.com.au

"I Was Just Plodding Along Thinking Everything Is Ok"

"Mark, Just wanted to tell you that prior to the "Eat That Frog" Training I was just plodding along thinking things were ok, But after plugging into the "Eat That Frog" Training I received some important distinctions on how to increase my productivity and performance without paying the price of any imbalanced family life." **Zack Ivic, Melbourne www.My1300.com.au**

"Intense Training"

"Mark, This is a great intense training that makes you ask yourself the hard questions and then look for the answers and break them down! We all avoid this but it is what is required to excel and achieve your dreams...". **Mark, Preetesh Morar, Sales Consultant www.ChifleyBusinessSchool.com.au**

Enrolment Form – Eat That Frog!

Send this form to Acorn: Fax (02) 6217 7001 or e-mail to courses@acorntraining.com.au

Venue: Acorn Training Centre, 74 Townshend St, Phillip ACT

Date:

Time: 9.00 a.m. to 5.00 p.m.

| | | | | | |
|----------|-------|--------|-------|------|-------|
| Person 1 | _____ | e-mail | _____ | date | _____ |
| Person 2 | _____ | e-mail | _____ | date | _____ |
| Person 3 | _____ | e-mail | _____ | date | _____ |
| Person 4 | _____ | e-mail | _____ | date | _____ |
| Person 5 | _____ | e-mail | _____ | date | _____ |
| Person 6 | _____ | e-mail | _____ | date | _____ |

Organisation _____ Branch/Division _____
Address _____

Phone No _____ Fax No _____

Payment Details

Total price \$397 x _____ attendees = \$_____

1. Credit Card (Amex, Diners, Visa, MasterCard, Bankcard)

Name _____ Card No _____

Expiry date _____

2. Invoice

Signed off by _____ Name _____

Email invoice to:

Terms: Payment is due on or before the day of the course. Cancellation is accepted more than seven days prior to the course date otherwise another person may be substituted. You have purchased a place on the date shown above; changing your booking to a later day incurs an administrative fee. We suggest you send a substitute if you can't come at the last minute.

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