

## Coaching Division

2273 Thorn Lodge Dr. Mississauga, On L5K 1K4 Tel: 647 222 6772 Email: [asdk@sympatico.ca](mailto:asdk@sympatico.ca)

### Outline of Seminar Sessions of Success 101 Training /Coaching and Mentoring Modules that insure a strong basis for Excellence in Leadership, Success and Fulfillment

#### Day 1 – First Saturday from 9:00 am to 4:00 pm

##### **Part 1: Seven Gates to Success and Excellence**

- In these sessions attendees get many tools that they can use immediately to improve their lives:
- What are your top 5 passions? What is your passion score? What are your markers – sign posts by which you can see if you are living your passions?
- What are the 7 Key Principles of Living a Passionate and Fulfilled Life?
- What are the 7 common habits of the top 10 to 15 % successful people?
- What language empowers you to reach your peak potential?
- How to use principles of effective communications to propel your success?
- How to create powerful teams that support your success?

“Success 101 helped me in both my professional life and personal life and I recommend it to whoever wants to be successful in their professional and personal life.”

**Baryalai S. - Realtor and  
Business owner – Success 101  
Graduate**

#### Day 2 – Second Saturday from 9:00 am to 4:00 pm

##### **Part 2: Goal Setting and Goal Achieving**

In this session attendees learn about **Goal Setting**:

- Why written goals are important?
- How to write effective goals?
- What are S.M.A.R.T. Goals?
- How do written goals affect your results?

##### **Part 2: Basic Human Needs, Trust Building and Influence**

In this Session attendees learn of **Basic Human Needs** and how they affect our daily activities:

- Why do we do what we do?
- What are the basic Human Needs from Maslow to Anthony Robbins and others?
- What are the main ingredients of Trust and how to nurture the habits of trust building?
- What are the basic factors to influence others and empower them?

##### **Part 2: The Environments of You**

In this Session attendees are exposed to the **9 Environments** that surround us 24 / 7:

- What are the 9 Environments of You?
- How the environments empower you to realize your dreams?
- How the various environments affect each other?
- How to use this knowledge for empowerment and achieving your goals?

#### Day 3 – Third Saturday from 9:00 am to 4:00 pm

##### **Part 3: Simple Strategies for Stress Management**

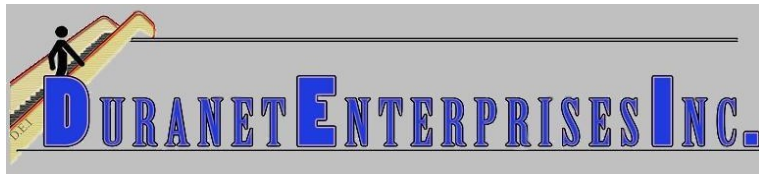
In this session attendees learn how to **manage stress productively** using the following tools:

- Time Management Tools
- The Nature’s Guidance System
- Communications improvement tools
- Relationships Improvement Tools
- Wealth Management Tools
- Health Management Tools

##### **Part 3: Basics of Health and Wealth**

In this session attendees learn a **holistic approach to Health and Wealth**:

- What are the two approaches to health and wellness? What are the 4 components of health?
- What strategies are needed to foster a healthy life?
- What is the meaning of wealth? What are Core, Experiential, Goodwill and Physical Assets?



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- What are the different types of income?

### Day 4 – Fourth Saturday from 9:00 am to 4:00 pm

#### **Part 4: Starting Your Own Journey to Wealth**

In this session attendees learn **a holistic approach to Building Wealth:**

- How to start your own business?
- How to systematize your business and make it work without you?
- What are the ingredients of a great business plan?
- How to protect your wealth and assets?
- How to start a new business and how to grow it?

#### **Part 4: Summary and Graduation**

- A Quick Summary and refresher
- Certification and celebration

“This program [Success 101] has been quite useful for me and I have learned new ways of doing things in my personal life and in with people around me.... so I highly recommend it to the professionals of my community, to the students to the individuals and businesses to take this program and it will help them significantly in the way they see things and the way they do things.....I have the time I will take this program again.”

**Dr. Haroon M, Chiropractor,  
Success 101 Graduate**

Most sessions have outside-the-box mind exercises that stimulate thinking as well as short mini-presentations on being happy, healthy and wealthy. Each session is delivered in a friendly, entertaining, joyful and interactive manner. Most sessions include in-class interactive exercises as well as home assignments.

Using the principles of accelerated learning, we space the sessions one week apart and finish the program in 4 weeks. This way, attendees can review what they learn in each session and apply the main points in the given assignment activities to help them develop new empowering habits. Each session is evaluated by participants through answering a questionnaire anonymously.

The program is scheduled from 9:00 am to 4:00 pm each Saturday so that people can come on time and leave early enough to enjoy some free time and attend to their weekend shopping and other tasks. At the end of the program attendees will receive a certificate of completion in a celebration session with video testimonials, networking, sharing of addresses and taking away messages for future connections and get-togethers.

### **Spring 2012 Schedule:**

**1st Round: Saturdays Jan. 7, 14, 21 and 28**

**2nd Round: Saturdays Feb. 4, 11, 18 and 25**

**3rd Round: Saturdays Mar. 10, 17, 24 and 31**

“ As a retired dentist and starting a new business, it was really very helpful for me I actually can see some success starting already. I really recommend that everyone should take this course, young people, old people and especially young people and students...”

**Dr. Sheila B. Retired Dentist and Business owner –  
Success 101 Graduate**

“ ...I will definitely recommend it to my family and friends and particularly Afghans will be inspired and encouraged to attend because it is really a life changing experience.”

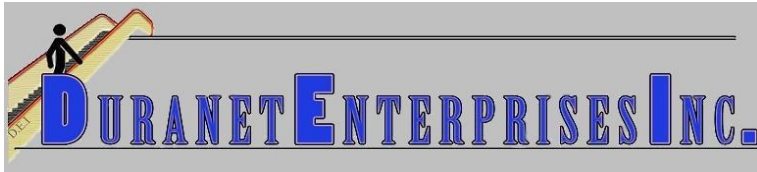
**Rohia P. – Childcare Professional – Success 101 Graduate**

“...I recommend it to any who wants to have more health, happiness and wealth... this course will show you the steps how to get there. “

**Shafiq S. – Realtor Community activist – Success 101 Graduate**

“ This course for me was very eye opening....I had absolutely no drive and certain set goals to accomplish it. Thanks to Ahmad Duranai now I have certain set goals and .. I have a clear path of where I want to be.....”

**Jalila S. - College Student – Success 101 Graduate**



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Registration Form for

**Success 101 Coaching**

First Name ..... Last Name.....

Address:.....Suite #.....

City:.....Province:.....Postal Code:.....

Phone: .....Cell..... Email.....

Please choose one: (1) Full Amount \$1,195.00 + 13% HST

(2) Instalments \$695.00 + 13% HST x 2 in two instalments Or

**(3) Register by Dec. 30 and get a Huge Discount:**

**Pay only \$600.00+13 % HST = \$ 678.00 and bring a family member for Free.**

Fees are going up on Jan 01 and Discount is valid only till Dec.30. Take advantage of this opportunity and insure your New Year resolutions are achieved

Payment Options: Please choose one option

- Cheque\*
- PayPal..... [asdk@sympatico.ca](mailto:asdk@sympatico.ca)
- Direct Withdrawals\*

To register, complete this form with payment option and mail or email to the above address OR **call 647-222-6772 for alternate submission method.**

**Cancellation and Refund Policy**

Paid workshop deposit or fees minus a \$50 administration fees will be refunded in the event you are unable to attend the series of seminars and workshops you registered for. Cancellation notification must be received in writing 10 business days prior to the series start date. If cancelling less than 10 business days prior to the workshop start date, the workshop deposit becomes non-refundable and non-transferable.

Duranet Enterprises Inc. reserves the right to cancel or reschedule seminars and workshops if insufficient registrations are received. If Duranet cancels a seminar or workshop, a full refund or transfer will apply.

Should the seminar or workshop need to be postponed due to circumstances beyond our control, there will be no reimbursement of funds nor compensation for any expenses incurred by the registrants. In these circumstances, the event will be rescheduled at the same location as soon as possible.

\*There will be a \$30.00 administration fee for each NSF payment. The total balance and the administration fee is due immediately by a certified cheque should an NSF payment situation occurs.

I register for: Jan.....Feb.....March.....(please check one)

Signature:.....