

WORKSHOPS DONE ACADEMY CHECKLIST

Module 02: The Confidence of a Rock Star

Lesson 01: How to Lean into Fear + Boost Your Confidence

- Watched the video
- Completed the mindset exercises in the worksheet
- Said affirmations daily

Lesson 02: Why is Storytelling Important in Workshops + How to Write Your Story

- Watched the video
- Completed the storytelling exercises on the worksheet
- Option: Posted a 1-4 minute video telling your story of why you became a health coach in our Facebook Group.

Lesson 03: Set Yourself Up for Success with the Done-For-You Sugar Workshop

- Watched the video
- Reviewed the schedule for preparing the Sugar Workshop
- Updated all sugar handouts with my contact information
- Downloaded the Sugar Workshop speaker notes + practiced the first 10 minutes of the workshop
- Practiced introducing myself daily (written in Module 01)

Lesson 04: How to Create Your Own Workshop Brochure - Templates Included

- Watched the video
- Downloaded preferred template and updated it with my bio (written in Module 01), photo and workshops available
- Shared my completed brochure in our FB Group

Lesson 05: How to Look + Sound Confident During a Presentation - Present Like a Boss

- Watched the video
- Watched both Ted Talks

Tech Resources

- Watched the video on updating materials from WDA (optional)

Events

- If you are interested in being coached on the Module 02 group call on mindset (2 people) or storytelling (1 person), please contact Lori to secure your spot. DM or email me at info@mindfulhealthwithlori.com
- Attended or watched the replay for the Module 02 group call