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12 Simple Secrets to Fast Track your Kinesiology Business

By

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12 Simple Secrets to Fast Track Your Kinesiology Business

1. Trust in yourself

You are unique, you are special, we all are.

Do you know that you have it within your power today to make changes that will bring about the kind of difference you would like to have in your life? It is all up to you. It doesn't matter how old you are, what you have done or where you have been.

It is not down to circumstances or our environment; it is down to something that only you can control.

It is down to your attitude of mind.

The way we are living at this moment in time is down to how we think about things and our mental attitude towards everything in life.

2. When you have a tough day stand tall

Stand tall to criticism and challenges because there is a lot out there. Beware of the dream snatchers.

Developing greater control over yourself helps influence others from a position of support and authority and allows you to direct them toward better options from this authority.

Remember life is perception and you do not have to live others perceptions of you.

To succeed in any business, you have to love helping and serving the needs of other people. You have to love your product and be willing to do whatever it takes to accept the inevitable rejections and failures that are a normal part of mastering something new.

3. Feedback not failure

Mistakes. We all make them, but instead of giving the mistake the power to affect your life by depressing you, turn your thoughts into something positive. Recognize that it is a learning curve and use the experience to avoid the same situation in the future. We naturally did this as children, why did we stop as adults?

Failures. We all have them . . . none of us has learnt to walk without falling over many times, but even back then as children we saw that very act of failing as a reason to keep on giving it a go.

4. Develop a strong influence

The influence you have with people has a consequence for them later on. You want your clients and people in your life to be on the same page as you. This way they do not become distracted by their own thoughts and ideas that may not be appropriate for their recuperation.

Be aware that your influence can lead a person to certain conclusions that may be taken as truth or fact, where actually, the conclusion was not a fact at all.

It's important that you remember your clients are open to you when they come to you. Clients want your help and to a point they are vulnerable to your influence. You want their experience with you to be empowering not dis-empowering or distracting.

5. Change your attitude

If you choose to view things negatively, you lose self-esteem, become disillusioned and give up hope.

Instead of allowing your mind to bring you down, find a positive way to view everything and watch the changes that will occur in your life as new doors of opportunity open for you as you start to do this.

Sometimes we need help to see how we can achieve this, but once you understand that you have the ability to change your life by altering your attitude towards everything, you will benefit by attracting positive people to you and things will begin to improve for you.

6. Clear the toxicity in your life

How many toxic people are in your life? How many people do you let drain you, who you let take from you, who you let take you for granted? Do you think this will affect your business?

Of course it will!

Think about how you may attract toxic clients into your business if you are living toxic relationships in your personal life.

7. Achieve what you value

Think about what results you want in your business?

Write them down. Write down the result, not the process.

Put down the results you wish to achieve, how do you wish to feel about your business?

Find your values and find others values in your business and work toward expressing them.

Ask yourself, what is the process I need to carry out to achieve this?

8. Let go of the control and learn to delegate

Determine what to give away and what to keep.

First, consider your strengths. What are you directly contributing to your business that's making it successful? Those are the things you should continue doing. The tasks that are outside your expertise or those that could easily be performed by others are the first things to delegate or give away.

9. Create a business plan

Design a system.

Systems make you efficient. You can then get through things so much faster. Systems make you consistent. When you are consistent people can trust you.

When they trust you they will purchase more from you.

Having a business plan makes it easy to delegate and pass it on. You show exactly what you want and how you are going to get it.

It sets you up for being successful.

10. Increase your financial Intelligence

When it comes to money and your financial intelligence there are two types of thinking.

The thinking that has you moving away from the fear of losing money, known more commonly as poverty thinking or the thinking that moves you toward money, known as prosperity thinking.

Prosperity thinking and poverty thinking are an important part of the energy of money.

Prosperity thinking involves having a trusting attitude that things will work out. It is a realistic and optimistic state of mind that has an empowered orientation toward money and life. Prosperity thinking

means aligning our beliefs, attitudes, expectations, goals, values and behaviours with realistic levels of abundance, confidence and success.

Poverty thinking, on the other hand, is a negative state of mind that says things will not work out. It embodies pessimism, fear, and a passive relationship with money. Poverty thinking aligns your beliefs, attitudes, expectations, goals and behaviours toward unrealistic levels of scarcity, fear and loss. It diminishes your financial and personal self-esteem and decreases confidence in handling money. These are people who may never imagine having more than the lower socio-economic status they are living now. They could never imagine having a higher level of standard in their lives, whether it is the people in their lives or the amount of money that flows in.

With either type of thinking, we soon become that reality because our thoughts lead to our actions and these actions end with results. Check in with yourself. What is your reality and attitude about your finances?

11. Put your neck out – Perform Presentations

The thought of delivering a presentation can be terrifying for the inexperienced. Getting yourself known, projecting your power of influence and building credibility are enhanced greatly when you take the plunge to perform a professional presentation.

Yes, it challenges your fears and anxieties and you are horrified by the thought that this task. The belief and conditioning that have imprinted our perception leave us with a learned helplessness seemingly impossible to shift. Often people have said, "Public speaking is one of the biggest fears anyone will experience".

Hearing all this just compounds our conditioning all the more. Step aside of the old conditioning and old beliefs. Create a new state. Learn to present and be in your power. In time you will love it. Speak from the heart and tell your story. People will be captured.

12 Work with Integrity

Nobody likes a con-person. Always work with integrity, honesty and reliability. Your clients will sense this and learn to trust you. This will benefit you as they return to you year after year. Work with integrity when practicing Kinesiology; understand what works for the person and what helps them to recuperation for long-term healing and growth,..... and most of all HAVE FUN!!

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Dip Early Childhood, Advanced Dip in Special Education.

Director of Neuro-Intelligence and the College of Neuro-Training at Lismore.

Jenni has participated in Kinesiology since 1984 and has been in practice for the past 20 years. Operating her private clinics (Melbourne, Gold Coast and Perth), Jenni also holds workshops and modules, a Kinesiology Mentorship program and assessments in Kinesiology. Over the years Jenni has studied natural therapies, homoeopathy, counselling, nutrition, massage, energetic healing, Hand and Face Trait reading, Cert IV in Assessment and Workplace Training and a Advanced Diploma in Naturopathy. Currently Jenni is a member of the Australian Kinesiology Association, Professional Level Three and other professional membership associations for Natural Therapists.

She has also contributed much of her time to the Professional Associations of Kinesiology, both locally and internationally. Jenni has presented throughout Australia, and USA on Kinesiology and written many articles on the consequences of vaccine exposure, recuperation and the natural laws of healing and Solution Oriented Kinesiology.

With a background in Special Education, specialising in Intellectual Disabilities, Jenni draws much from her former experience in training children and adults with neurological challenges.

In her clinic Jenni combines both Kinesiology and Neuro-Training procedures to retrain people who have never fully recuperated from any life experience, including exposure to toxic substances.

Jenni is not only a busy Kinesiology practitioner she is also a Trainer and Executive for Neuro-Training Pty Ltd providing the Certificate IV in Kinesiology with Neuro-Training.

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