



# Resilience: How to restore and keep faith in yourself and your business idea

*Fraser J. Hay, Elsabe Smit*

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## **Resilience: A business coaching book for the self-employed in 2016**

*(A practical guide to business coaching for those starting or running a business)*

Self-Employed? Ever felt frustrated, isolated, even desperate on occasion with no-one to turn to for help, guidance or support? If so, then these powerful, practical business coaching tips will help you to keep moving forwards.

### **Ask yourself the following questions:**

- How do you take your business from brain to heart to stellar?
- Where does forgiveness feature in your business plan?
- Why do bad things happen to good people, despite their best intentions?
- What if the business idea you have put your heart and soul into goes wrong?
- Who do you turn to for advice and how can you keep on track in the face of adversity?

**Considering self-employment in 2016? Perhaps you're already self-employed. This Business coaching book offers powerful, proven, practical and highly effective concepts, techniques, and spiritual principles that can be applied to almost every commercial problem, issue or challenge that you will face in starting and running your own business.**

**Real world, practical examples and exercises are included for you to personalise and apply to your current circumstances.**

Ever been anxious, frustrated or worried about:

- What makes you really “different” or unique in your marketplace?
- Deciding and accepting what you really offer potential customers?
- Finding, winning and keeping Customers?
- Charging (and getting paid) what you're really worth?
- Juggling home life with running a business?
- Making the right decision at the right time?
- Getting paid for work already done?
- Personal and professional conflict?
- Allowing your fears to prevent you from achieving your goals?

- Dealing with the emotional stress of starting and running your own business?
- Learning to know, like and trust yourself?

**??? This business coaching book for 2016 offers a unique and practical insight for the self-employed that simply isn't common practice among those facing the daily issues, challenges & obstacles of self-employment.**

Discover:

- How to make sense of conflict - since you cannot avoid it
- How to turn rejection into opportunity
- When do you celebrate success and when to navigate hurdles for even greater success
- Where to find inspired answers and solutions
- How you can prepare for meetings knowing the outcome in advance
- When to walk away and when to fight back, and why
- What the real "lessons" are that you need to master, to guarantee your personal success
- How to reassure yourself, your family or your loved ones that you're mentally prepared for the challenges presented to you, your finances or your health

**??? You want to work for yourself and you want to be in control of your own destiny.**

**We know it, you know it & your heart knows it!**

- Do you want to live the life and lifestyle you've always craved?
- You've already got the power & resilience to succeed in self-employment.
- You just need to recognise it, and be shown how to use it.

**Succeed in self-employment in 2016 by applying these business coaching techniques...**

**Download This Book Now (Before your competitors do.)**

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#### **Thomas Williamson:**

As a student exactly feel bored for you to reading. If their teacher questioned them to go to the library or make summary for some guide, they are complained. Just little students that has reading's heart or real their hobby. They just do what the educator want, like asked to the library. They go to generally there but nothing reading very seriously. Any students feel that reading is not important, boring and can't see colorful photos on there. Yeah, it is to get complicated. Book is very important in your case. As we know that on this period of time, many ways to get whatever you want. Likewise word says, many ways to reach Chinese's country.

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