

# Launch and Reach Business Goals: Ask for what you need!



Eileen Lichtenstein  
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I sponsored a wonderfully facilitated an “Empowered Speed Networking” event with [Lucy Rosen, Public Speaker, Author, Business Networking Expert](#) and Donna Cariello , CEO of [www.thelongislandway.com/](http://www.thelongislandway.com/) and got a lot of “takeaways” : including a reminder to be specific about what you need. We were asked to state 3 business “needs”/ goals as we moved along with each person, taking notes on the others for referrals. The follow-up is to focus on the stated goals for thirty days. I've added a few more here!

1. Five people who need Peak Performance Success/Career coaching to help them to be more successful, productive and happier while reducing stress/anger levels and to be motivated-mentored-accountable for whatever life/work goals they want to achieve. I offer a complimentary consult and sessions may be arranged via telephone, video skype and face to face in Baldwin and Wantagh.

<http://balanceandpower.com/> 516 623 4353

2. Corporate and agency “gigs” re [SOAR! with Resilience™](#) (my program and manual as well as stand alone publication: [read about & purchase here](#)) re goal attainment , stress management, anger management and effective communication. Mind/body modalities [EFT](#) , guided meditation/relaxation.

3. Intros to Judges, matrimonial and criminal attorneys and mediators for mutual referrals as I'm a court certified anger management specialist-educator and can fulfill the court mandated requirements for this.

4. Collaborative alliances and referrals

5. Participants for small groups and individual anger-stress management sessions in my new Wantagh office. More info at [www.balanceandpower.com](http://www.balanceandpower.com)

6. Biz card advertisers for The Pek-u-lators full day event Sept 18 (\$100- contact me [eileen@balanceandpower.com](mailto:eileen@balanceandpower.com)) and a full house for the workshops. Details & registration:

<http://www.balanceandpower.com/events.php>

7. View [Motivational Whisperers TV!](#)

8. Sign up for [Motivational Whisperers Mastermind Groups](#) to launch and accomplish your dreams!!

9. [Sign up](#) for the Balance & Power Newsletter and receive a FREE guided relaxation download and Motivational Quotes.

**You can get to your success destinations more smoothly and quicker with my Peak Performance Success and Career coaching assistance and also benefit from my certification to teach anger management which includes stress management and effective communication skills. You may contact me for a complimentary phone consult: [516 623 4353](tel:5166234353) - <http://www.balanceandpower.com/coaching.php>**

