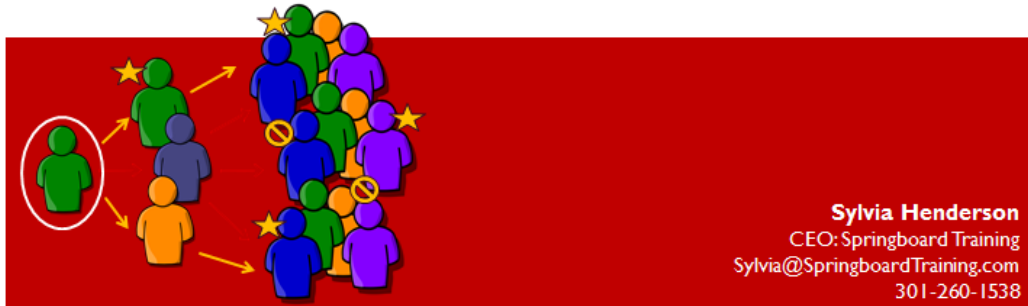
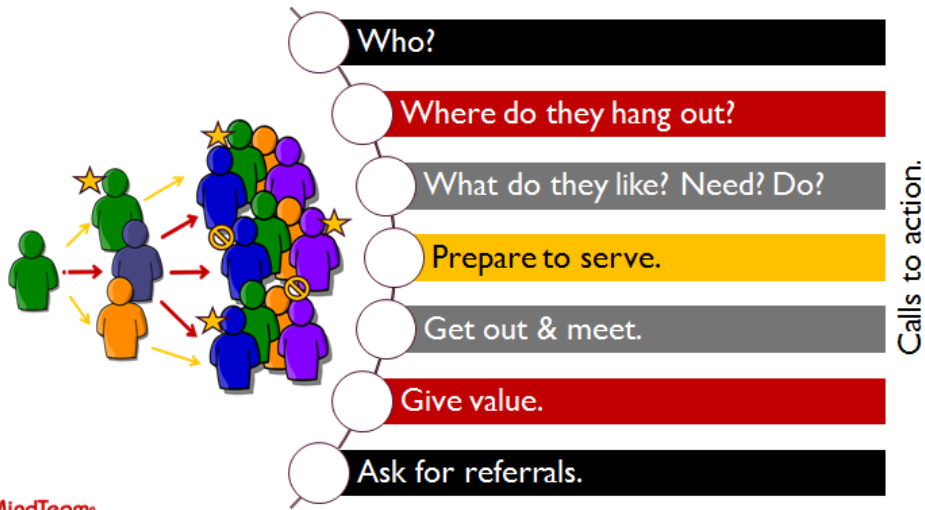


PROFESSIONAL RELATIONSHIPS

ESTABLISH, GROW, MAINTAIN, & END BUSINESS CONNECTIONS OFF-LINE & ONLINE

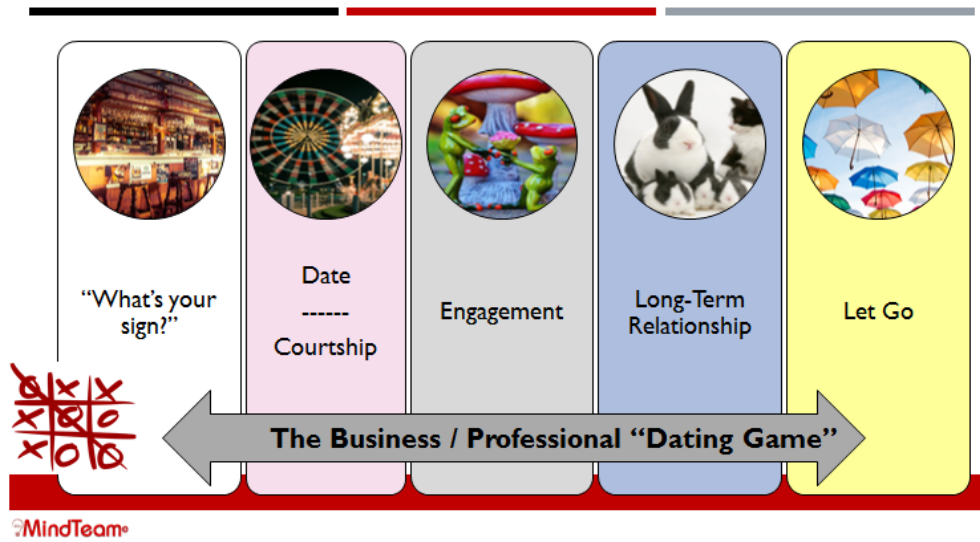


MindTeam®



MindTeam®

Who?	Where do they hang out?	What do they like? Need? Do?	Prepare to serve.	Get out & meet.	Give value.	Ask for referrals.

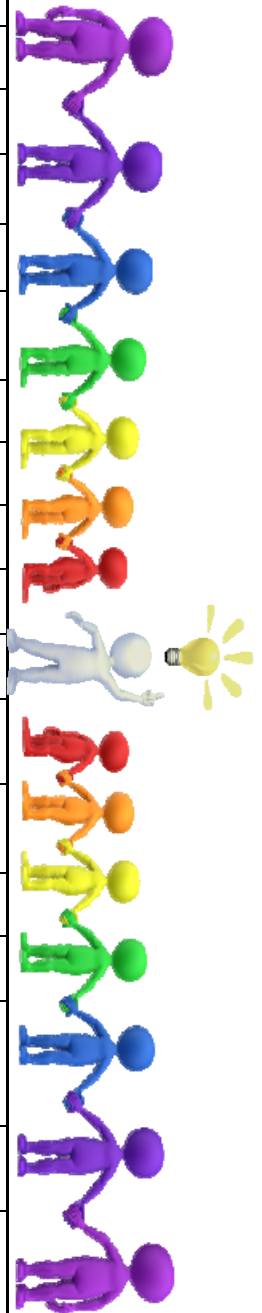


<p>Stage 1: "What's your sign?"</p>	
<p>Stage 2: Date / Courtship</p>	
<p>Stage 3: Engagement</p>	
<p>Stage 4: Long-Term Relationship</p>	
<p>Stage 5: Let Go</p>	

MindTeam® Who is in your support network...your connected connections?

Identify, by names, the people who are in your support network in the following roles for you.

<i>Name the person...</i>	<i>Whom you can...</i>
	Trust with your secrets.
	Talk with about money issues of concern to you.
	Laugh with.
	Go to for help no matter the problem.
	Pick up your conversation where you left off, whether you last spoke to them yesterday or a year ago.
	Cry on their shoulder (literally).
	Talk with about “old times.”
	Share your wildest dreams.
	Talk with about family problems.
	Depend on to stay motivated; keep a positive outlook.
	Count on, even if they have their own primary relationship with someone else.
	Give your honest feedback to who will take you seriously and consider your opinions.
	Look up to with respect and admiration.
	Serve as a role model to, guide, and mentor in their life.
	Delegate some of what you do in your business (or on your job), and you know that it will be taken care of without worrying about it.
	Count on to support you, advocate for you, and make referrals for you without needing to ask them to.
	Associate with whose stature “automatically” raises your stature so that people perceive you to be at this person’s level (however you want to define this).



“Great minds discuss ideas; average minds discuss events; small minds discuss people.”
 ~ Eleanor Roosevelt

“The power of one, if fearless & focused, is formidable. But the results of many, working together, are invincible.”
 ~ Gloria Arroyo



Connected Connections: Your Support Network

Social interaction with family, friends, and professional colleagues who have positive outlooks on life is an integral element of mental and physical health.

We need contact, encouragement, support, love and interaction with others to be happy and well balanced. When we neglect social interaction, our health suffers. Social support and interaction affect:

- How well you cope with stress in life.
- How happy, content, depressed, or lonely you are.
- Your body's immune system.
- How well you survive when faced with crises or serious illness.
- Predictors of how long you live.

A study called the Good Health Practices study (Breslow and Belloc, Good Health Practices Study) observed 6500 people for over nine years. The study revealed that people with poor social support networks are two-to-three times more likely to die (2.3 times for men, 2.8 times for women) than those with strong social support systems. Social support and interaction have positive affects on both physical and mental health.

The indicators linked to a strong social network and longevity used in the study were:

- Being married (having a monogamous life-partner relationship).
- Having frequent contact with family and close friends.
- Being an active member of a faith-based institution.
- Actively participating in a club or other social group.

A six-year study of 17,000 healthy men and women revealed that people who are most isolated and lonely, with little social contact, are four times more likely to die within the

same period of time as those with strong social contacts and support. Other studies show that people with strong social supports are more likely to survive after surgery or serious illness.

Strategies for Improvement

Consider these suggested strategies for improving your social health:

- *Invest in friendships.* Take time to meet new people, and renew old friendships. Stay in contact. Meet often and do things together. Positive social interaction enriches your social and emotional life.
- *Keep in close contact with those you consider your family (in a positive light).* Staying in touch, visiting, doing things together brings joy to your life and others.
- *Invest in a strong, life-long love relationship,* or develop a close confidant — one with whom you can share your most private fears and worries, your successes and joys, and with whom you can give and receive love.
- *Join a group.* Community, faith-based, and social organizations provide values-supportive ways to meet new people and develop caring friends.
- *Volunteer.* Many social organizations need volunteers. Volunteering is a way to stay involved and help other people while finding social outlets for yourself.
- *Look for social opportunities* (or create them) to do things with people. Invite people over or out to dinner. Watch a movie or do something mutually fun together. Take a class.

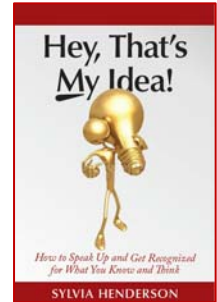
For optimal social and mental health, interact with positive people. People are more important than things. Time spent with positive people helps you enjoy a long and fulfilling life.

Compiled from multiple health and well-being sources.

Idea Success Network Resources (Sylvia Henderson)

“Get S&#% Done” Conversation w/Sylvia.
Schedule via: www.SylviaHenderson.com/contact

Idea MindTeam[®] → Facilitator or Member
www.IdeaMindTeam.com
Complete the form below & give to Sylvia Henderson today!



- 💡 Get long-term accountability
- 💡 Commit & get done!
- 💡 Grow business → make \$\$\$
- 💡 Make fewer mistakes
- 💡 Save \$\$\$ and time
- 💡 Have peace-of-mind
- 💡 Collaborate → referrals/partners

Facilitator: *Revenue stream*

- 🌀 Initial fee (admin & training).
Includes full assessment.
- 🌀 Monthly: Membership comped + admin compensation

Member:

- 🌀 Initial fee (admin & set-up). Includes full assessment.
- 🌀 Monthly member accountability.
Discount if member of a hosted organization.
- 🌀 1-year commitment

Yes! I want to learn about becoming an Idea MindTeam[®] Facilitator. 

Yes! I want to learn about becoming a member of an Idea MindTeam[®]. 

Name: _____

Email: _____

Best daytime phone#: _____

(Optional) What is your experience with / attitude about groups (+ or -)? Benefits you've received?