



Jylla Moore Foster
 President and CEO
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TEAM 100 PROGRAM

Helping clients get the results they need requires a team effort by the Coach and other professionals. The Team 100™ List works like a dance card. You select the 100 other professional who you want on your team. With the right players, here's what can happen:

- ? You will have access to a strong network
- ? You can tap into high-expertise immediately
- ? Most problems or needs can be solved, fast
- ? Referrals start flowing through other team members

How to Play:

1. Decide to get a full team within 1 year
2. Fill in the team members you now know.
3. Start networking to fill in the other slots.
4. Pass around blank forms to associates.
5. Get yourself on other's Team 100™ lists.
6. Periodically record and monitor your progress on the charts.

Dedicated to the model of networking: Sandy Vilas; Developed by the staff, trainers and participants of Coach U, Inc.; Distributed by Crystal Stairs, Inc. 630-734-1481

PROGRESS CHART		
Date	Points (+/-)	Score

TEAM 100 PROGRAM 100 POINT CHECKLIST					
#	SECTIONS				
	A	B	C	D	E
20					
19					
18					
17					
16					
15					
14					
13					
12					
11					
10					
9					
8					
7					
6					
5					
4					
3					
2					
1					



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A. BUSINESS and WORK				
<i>Running a business, managing a career, finding work that you enjoy all come easier when you have expert models to guide and inspire you.</i>				
	Expertise	Name	Phone	Email address
<input type="checkbox"/>	New Business Specialist			
<input type="checkbox"/>	Career Consultant/Planner			
<input type="checkbox"/>	Graphic Artist			
<input type="checkbox"/>	Printer/Copy Place			
<input type="checkbox"/>	Turnaround Business Expert			
<input type="checkbox"/>	Education Resource			
<input type="checkbox"/>	Professional Networker			
<input type="checkbox"/>	Internet Marketing Expert			
<input type="checkbox"/>	Web Presence Provider			
<input type="checkbox"/>	Personal Marketer/Agent			
<input type="checkbox"/>	Business Coach			
<input type="checkbox"/>	Transition Coach			
<input type="checkbox"/>	Executive Coach			
<input type="checkbox"/>	Executive Recruiter			
<input type="checkbox"/>	Professional Writer			
<input type="checkbox"/>	Computer Consultant			
<input type="checkbox"/>	System Recovery Consultant			
<input type="checkbox"/>	Software Consultant			
<input type="checkbox"/>	Mentor			
<input type="checkbox"/>	Sponsor			
<input type="checkbox"/>				

_____ TOTAL Number of boxes checked (20 max; space for 22 areas of expertise)



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B. MONEY and LEGAL				
<i>The only thing in the way of your financial independence is great advice and the willingness to apply it.</i>				
	Expertise	Name	Phone	Email address
<input type="radio"/>	Small Business Attorney			
<input type="radio"/>	Real Estate Attorney			
<input type="radio"/>	Tax Attorney			
<input type="radio"/>	International Attorney			
<input type="radio"/>	Estate Attorney			
<input type="radio"/>	Copyright/Trademark Atty			
<input type="radio"/>	Criminal Attorney			
<input type="radio"/>	Financial Planner			
<input type="radio"/>	Banker			
<input type="radio"/>	Realtor			
<input type="radio"/>	Venture Capitalist			
<input type="radio"/>	Stockbroker			
<input type="radio"/>	CPA			
<input type="radio"/>	Insurance (Life, Health, Disability, Long Term Care)			
<input type="radio"/>	Insurance (Liability)			
<input type="radio"/>	Insurance (Home/Auto)			
<input type="radio"/>	Bookkeeper/Bill Paying Service			
<input type="radio"/>	Grant Writer			
<input type="radio"/>	Property Manager			
<input type="radio"/>	Money Manager			
<input type="radio"/>				

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C. PERSONAL and HEALTH				
<i>Our bodies, minds and spirits can benefit from these experts.</i>				
	Expertise	Name	Phone	Email address
<input type="radio"/>	Generalist			
<input type="radio"/>	Optometrist			
<input type="radio"/>	Cosmetic Surgeon			
<input type="radio"/>	Dermatologist			
<input type="radio"/>	Sports			
<input type="radio"/>	Psychiatrist			
<input type="radio"/>	Internist			
<input type="radio"/>	Nutritionist			
<input type="radio"/>	Naturopath			
<input type="radio"/>	Massage Therapist			
<input type="radio"/>	Chiropractor			
<input type="radio"/>	Pharmacist			
<input type="radio"/>	Acupuncturist			
<input type="radio"/>	Diagnostician			
<input type="radio"/>	Therapist – Depression			
<input type="radio"/>	Therapist – ADD Expert			
<input type="radio"/>	Therapist – Relationships			
<input type="radio"/>	Fertility Expert			
<input type="radio"/>	Dentist/Cosmetic Dentist			
<input type="radio"/>	Speech Therapist			
<input type="radio"/>				
<input type="radio"/>				

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D. PERSONAL SERVICES				
<i>These are the services that make our lives easier.</i>				
	Expertise	Name	Phone	Email address
<input type="checkbox"/>	Housekeeping/Cleaning			
<input type="checkbox"/>	Travel Agent/Services			
<input type="checkbox"/>	Event Planner			
<input type="checkbox"/>	Florist			
<input type="checkbox"/>	Professional Gift Service			
<input type="checkbox"/>	Portrait Photographer			
<input type="checkbox"/>	Caterer			
<input type="checkbox"/>	Seamstress/Tailor			
<input type="checkbox"/>	Childcare/Babysitter			
<input type="checkbox"/>	House sitter			
<input type="checkbox"/>	Minister/Clergy			
<input type="checkbox"/>	Auto mechanic/Car Care			
<input type="checkbox"/>	Electrician			
<input type="checkbox"/>	Air conditioning/Heating			
<input type="checkbox"/>	Plumber			
<input type="checkbox"/>	Professional Organizer			
<input type="checkbox"/>	Personal Concierge/Errands			
<input type="checkbox"/>	Dog walker/Pet Sitter			
<input type="checkbox"/>	Good Book Maven			
<input type="checkbox"/>	Interior Designer/Decorator			
<input type="checkbox"/>	Handyman/Woman			
<input type="checkbox"/>				

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E. EXTREME SELF CARE				
<i>Extreme self care refers to the practice of taking exceptionally good care of your body, mind and spirit. The professionals below can make a big difference in your emotional, physical and energy levels.</i>				
	Expertise	Name	Phone	Email address
<input type="checkbox"/>	Skin Care Specialist/Spa			
<input type="checkbox"/>	Personal Assistant (Real)			
<input type="checkbox"/>	Personal Assistant (Virtual)			
<input type="checkbox"/>	Personal Trainer			
<input type="checkbox"/>	Healthy Food Delivery			
<input type="checkbox"/>	Personal Coach			
<input type="checkbox"/>	Spiritual Advisor/Clergy			
<input type="checkbox"/>	Manicurist/Pedicurist			
<input type="checkbox"/>	Jeweler			
<input type="checkbox"/>	Image Color Consultant			
<input type="checkbox"/>	Personal Makeover Coach			
<input type="checkbox"/>	Communication Coach			
<input type="checkbox"/>	Feng Shui Consultant			
<input type="checkbox"/>	Reiki Master			
<input type="checkbox"/>	Irresistible Attraction Coach			
<input type="checkbox"/>	Visual Artist Consultant			
<input type="checkbox"/>	Lifestyle Design Coach			
<input type="checkbox"/>	Psychic			
<input type="checkbox"/>	Certified Rolfer			
<input type="checkbox"/>	Elder Care Specialist			
<input type="checkbox"/>				

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ADDITIONAL TEAM MEMBERS				
<i>You may have unique resources that are notable. Add them in the appropriate area.</i>				
	Expertise	Name	Phone	Email address
<input type="checkbox"/>	Self Defense Trainer			
<input type="checkbox"/>	Dental Insurance			
<input type="checkbox"/>	Pest Control			
<input type="checkbox"/>	Retirement Planner			
<input type="checkbox"/>	Home School Expert			
<input type="checkbox"/>	Veterinarian, Pet Trainer			
<input type="checkbox"/>	Carpet Cleaner			
<input type="checkbox"/>	Painter			
<input type="checkbox"/>	Funeral Director			
<input type="checkbox"/>	Decorator			
<input type="checkbox"/>	Landscaper			
<input type="checkbox"/>	Pediatrician			
<input type="checkbox"/>	Architect			
<input type="checkbox"/>	Ophthalmologist			
<input type="checkbox"/>	Grief Counselor			
<input type="checkbox"/>	Strategic Planner			
<input type="checkbox"/>	Facilitator			
<input type="checkbox"/>	Music Planner			
<input type="checkbox"/>	Holistic Medical Practitioner			
<input type="checkbox"/>	Spiritual Healer			
<input type="checkbox"/>	Hotel GM's			
<input type="checkbox"/>	Personal Shopper			

