

# Cinch® Inspiration and Dream Calls January–March 2012

Join Dr. Jamie McManus and Pamela Riggs each Monday at 7 p.m. in all time zones for a Cinch Inspiration Call followed by a Dream Call focused on topics of interest to business builders. **Call 1.512.225.3211 / 951025#**



## Cinch Inspiration and Dream Call Schedule

- Jan. 16:** Goals and Expectations | Vision and Getting Started
- Jan. 23:** The Right Physical Activity | Commitment
- Jan. 30:** Self-Monitoring | Your Plan of Action
- Feb. 6:** Hunger Management | Dialogues for Prospecting
- Feb. 13:** Staying Motivated | Inviting Others to Join You
- Feb. 20:** Emotional Eating | Effective Presentations
- Feb. 27:** Managing Self-Sabotage | Business and Product Processes
- Mar. 5:** Supermarket Survival Tips | Follow-Up
- Mar. 12:** Overcoming Plateaus | Building for Stability
- Mar. 19:** Eating Out | Mentoring Others
- Mar. 26:** Maintaining Good Habits | Accountability

Each call begins with a 15-minute Cinch Inspiration Call segment, and is followed by a 15-minute Dream Call segment, which is optional for those who are not focused on business building.

Following the Monday night broadcast, each Cinch Inspiration and Dream Call will be placed on rebroadcast for one week on 1.512.703.6147. They also can be downloaded as an mp3/podcast from the Dream Call Archive on MyShaklee.com.

Dial in each Monday at 7 p.m. in all time zones for a Cinch Inspiration Call with Dr. Jamie McManus, M.D., FAAFP, and Pam Riggs, MS, RD, followed by a Dream Call focused on topics of interest to business builders.

Use these calls as a focus for weekly accountability meetings for “Cinchers,” and as a great springboard for weekly team meetings and conference calls.

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