

Women In Business

24 Hour Uncuffed Telesummit

24 hrs of training

Featured Expert Speakers



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Presented by **Caprice Smith**
The Uncuffed Living Expert



Welcome

24 Hour Uncuffed Telesummit

Template #1



What is Uncuffed?



It is phenomena develop, when I became The Uncuffed Living Expert. In a few weeks after retiring as a police detective in the Special Investigations Section, I was crowned Mrs. Corporate America, launched a series of book collaborations that has received 5 stars on Amazon and appeared on several radio shows. I have also been interviewed on television, Fox 45, Channel 11 and made

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appearances on the Dr. Oz show as his Assistant for the Day and The Chew as a guest. Outside of my many media appearances, I actually flew an airplane to demonstrate that you can do anything that you put your mind to. In fact, I hosted Uncuffed Elevation, where other brave women found the inner courage to fly airplanes to. I truly believe that feminine power is unleashed when we confront anything holding us back from our true great destinies. Uncuffed is the releasing of limiting beliefs, low expectations, frustration and unclear boundaries.

The Academy

Module 1

You have an idea of what you were purposed to do and need the actual steps to make it happen.

You have everything lined up for your business, but get stuck trying to promote it in social media.

You are ready to turn all of those little skills and specialty traits into a long standing brand that is hireable and respected.

You are secretly hiding behind "family obligations" and have started and stopped your business at least three times.





Field Training Module 2

You have been in business for more than 5 years and you are rocking and rolling. You just want to stay up to date with current trends in media and business.

Your business is ready for public recognition and national promotion.

Everything is lined up, but you have an inconsistent flow of clients.

You have been thinking about starting over, before you let go...say yes to the UNCUFFED 24 HOUR TELESUMMIT.

You want to experience the level of happiness that comes with being successful, doing what you love and growing.

You are ready to create 5 streams of income and build your legacy.



There are three basic areas that every woman in business must master, are you aware of them? Mastering them is essential to determine your business foundation. No worries, I have done the leg work for you and you will be provided step-by-step templates to get you ready.

Basic Area #2

Conquer procrastination and judgment or you may never achieve and enjoy success in your business. Follow these steps,

Procrastination & Judgment

“At the core of procrastination is a faulty decision. Either the decision is made not to do something that should be done, or the decision is made to do something else. A term for acting against one’s better judgment is akrasia, if the person makes the decision out of course with no thought to the outcome, then they are acting without thinking, and that is poor judgment.” (Wikipedia, 2013)

Distractions:

1. **Your Computer or cell phone:** Turn off your computer when you are not using it, close web browsers and ignore emails. Set a time to check your emails. Turn off notifications on your telephone and ignore the alerts. It is far too easy to become distracted when you are lured into social media through emails.

How much time do you spend on your business on the computer?

How effective is that time spent?

2. **When are you wasting the most time** Usually, people hop on the computer and catch up on emails, immediately after arriving home. This is not a great practice; I suggest leaving the computer off and cook dinner, take a bath or do something else creative. Measure your time. Recognize your imbalance and plug in useful time according to where it is most needed.

Name the top 6 time wasters.

Name the top 6 other things you can do instead of the time wasters.

3. Take A Break Every 30-45 Minutes

Adults have an attention span that last about 15-20 minutes. If you are pushing yourself to stay on task for more than that, you are wasting critical time. Try to download audio books or play your favorite music to stay on task longer or cut the task short and take breaks. Stand up, walk, do a breathing exercise or something that you enjoy to keep you motivated.

Name the top 6 ways you can take a break.

4. Identify Your Habits:

Did you know that procrastination is a habit?

You probably have groomed yourself to do the same things. You are purposely making a decision to continue behavior, even if it is bad behavior. This self-sabotaging behavior draws many people into a vicious cycle of limiting beliefs and poor decision making.

What are your top 10 habits (good/ bad)

Armed with these introspective nuggets, you have prepared yourself to move to the next step. You will be in the Academy and Field Training in no time.