

## Jan Dacri, CyberSeminar Presentations

Online CyberSeminars offer a great learning opportunity without incurring any travel expenses to bring the presenter to your meeting, or your employees/customers to a live presentation.

Jan is a Certified CyberSeminar Presenter, conducting her popular Memory Improvement and MindBody TuneUp Sessions on-line.

Participants watch her entertaining, animated PowerPoint presentations on their own computers, at their own desks, while enjoying her energetic, enthusiastic voice on the phone. Or, small groups simultaneously gather in meeting rooms across the country and around the world.

Responsive polling questions create interactive feedback; and selected callers may talk with Jan for all to hear.

Utilizing the latest Internet Technology, thousands of participants may now simultaneously enjoy "attending" Jan's dynamic workshops on-line. This is an efficient, cost-effective way to provide valuable training for your group.

Jan is available to conduct weekly or monthly follow-up sessions to reinforce the impact and develop additional customized applications of her effective techniques.

### **SAMPLE – Email Promotional Message –**

(Wording from an actual CyberSeminar)

#### **"Up-Grade YOUR Mental Computer with Increased Memory Power"**

How's your memory these days? Is your brain drained by mid-afternoon? Do you forget where you put your glasses, keys? Do those important "daily-to-do's" slip your mind? Is remembering names nearly impossible? Perhaps your retention and recall could use some strengthening?

Join WorldCom Conferencing, The International Association of Administrative Professionals (IAAP), and renowned memory expert, Jan Dacri, online September 25<sup>th</sup>, 2003 at 2:00 EST for an interactive mini-course in "MindBody & Memory Improvement."

This one-hour session is dedicated to increasing YOUR power of concentration, mental efficiency, and ability to recall names, facts, and other things on a daily basis. You'll learn how to practice stimulating mental exercises which boost your mind's vitality and sharpen your everyday memory ability. And to further enhance your brain power, you will also learn stretching, breathing, and relaxation techniques that reduce stress and mental fatigue during and after a long day at the office. Discover how you can have a clearer, stronger mind, and a better memory to meet the everyday challenges of life.

Discussion points include:

- The Seven Essential Mind and Memory Savers
- Exercise Your Mind – Flex Your Mental Muscles
- Five-Minute MindBody TuneUps
- Recalling Isolated Facts – Overcoming Absentmindedness
- Six Sure-Fire Steps to Remembering Names & Faces

This CyberSeminar produced terrific results. Here is some actual feedback (documents on file):

***“Everyone loved Jan’s Cyber-Seminar. People are still talking about it.  
Her techniques really work!”***

Cheri Ditsch, Asst. Education & Professional Development Manager – IAAP

***“Through the roof sign-ups – nearly 1,000 logged on . . . and incredible feedback –  
this was a smashing success.”***

E. Lynn Wilson, Marketing Communications Manager – 3M

**Introducing Your CyberSeminar Presenter, Jan Dacri, M.A.  
Memory Expert, Motivational Speaker, Corporate Trainer:**

For 29 years, Jan has helped people from all walks of life develop inner confidence, mental skill, and a blueprint for health and success in business, and personal life. Over the years, she has been invited to present her dynamic, highly interactive trainings at meetings and conferences for a wide variety of groups and organizations. She has conducted mind and body improvement courses, workshops and seminars for the American Bankers Association, the National Secretaries Association years ago and today’s International Association of Administrative Professionals (IAAP), AARP, the Lion’s Clubs, as well as the exclusive Young President’s Organization (YPO), among many others. Jan has also taught her unique and effective MindBody & Memory Improvement workshops at UCLA, U.C. Riverside, U.C. Northridge, and other colleges in Los Angeles. For the last four years she has represented 3M at Boise Office Solution’s Business POWER Seminars around the country. She is always a popular speaker at expos and conventions representing companies such as Owens Corning, Trane Corporation, Wickes Lumber, R & G Sloane, Volvo Machinery, Golden Corral Restaurants, Carnival Cruise Lines, Acura, Nestle, Hilton, and many others around the world. Developing the concept of integrating MindBody Improvement and memory techniques into our everyday life, Jan’s presentations are inspiring, humorous, and full of practical applications for everyone.

**Alternative CyberSeminar Program Titles:**

- “MindBody & Memory Improvement ”; A Health & Wellness CyberSeminar
- “Your Memory Can Improve with Age”
- “Memory Improvement & Stress Relief Strategies”
- “You Are What You Think; Harnessing the Awesome Power of Self-Talk”
- “Enhance Your Professional Performance by Being Your Personal Best”