LOSE YOUR MINDSET
Change Your Mind To Change Your Life

CORPORATE TRAINING CATALOG

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FOR ME YOUR SUCCESS IS PERSONAL!

MEET Marvin Rucker.
Certified Life & Business Coach who helps individuals, teams, and organizations accomplish AMAZING things!

As the founder of Lose Your Mindset, Marvin is no stranger to Personal and Professional Development. With over 29 years of Sales, Business, and Leadership experience including 15 years as a Coach, he feels fortunate to have been able to make an impact across several industries for numerous individuals. teams and organizations along the way. He believes that EVERYONE wants to be the BEST version of themselves.

He is an author, speaker, trainer, and coach who challenges the idea that mediocrity and limiting beliefs are just a part of life and SUCCESS is only for a select few.

Marvin is a problem-solver and innovative self-starter. His expertise in delivering in-person or remote coaching and training programs has a proven history of delivering results. He has a strong EQ, a growth mindset, excellent listening, interpersonal communication, and leadership skills.

Marvin has extensive experience delivering presentations to groups large and small. Service-minded and a lover of people, he has an extreme amount of grit and curiosity. His focus is on personal and professional development.

His education and training complete his coaching arsenal – allowing him to provide you, the client, with the tools and methods you need to achieve your goals.

Marvin loves to serve at his highest potential to create impact. That's why he chooses to work with a select number of clients every year who are already making a huge dent but dream of creating even more impact.

By only working with a select few, he can provide laser-focused coaching and training to help accelerate growth, deliver results, and multiply impact beyond what was ever dreamed possible.

Are you ready for the challenge to push new boundaries?

PERSONAL DEVELOPMENT/COACHING

I have been very excited to compile the following resources for personal development. This incredible library contains over 70 personal development, motivational and transformational courses, guides, and strategies to help transform anyone's life!
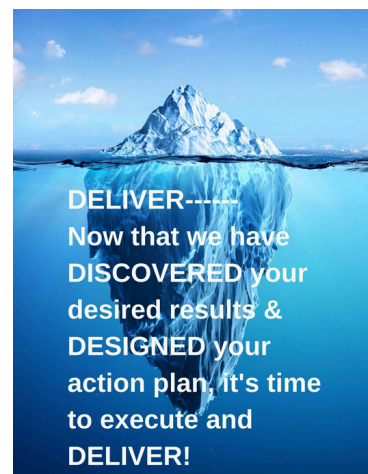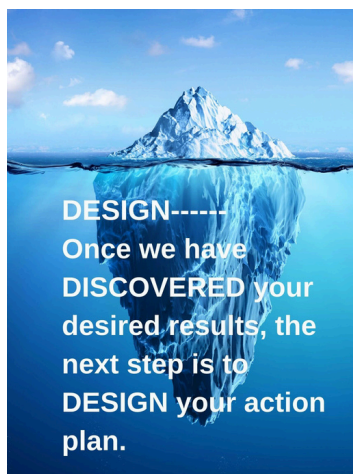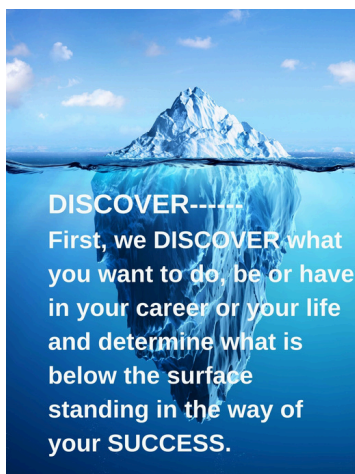
I can help plan personal growth goals for the year with our 12-Month Personal Development Course. Not sure what's holding you back? I can help you DESTROY LIMITING BELIEFS. Can't seem to get ahead? DISCOVER YOUR INNER LEADER.

I will help you put together a detailed road map to get you to who you want to be, so you can have the things you want to have, and do the things you've always wanted to do. You will have all the training materials, practical tools, resources, and action plans to make it happen.

I have created one of the most effective personal development libraries that will get anyone on track with their goals!

BONUS MATERIALS MAY INCLUDE:
- Development Goalsheets
- Articles
- Newsletters
- Journals
- Printable Card Decks/Workbooks
- Worksheets
- Mindset Checklists
- Action Steps

DISCOVER------
First, we DISCOVER what you want to do, be or have in your career or your life and determine what is below the surface standing in the way of your SUCCESS.

DESIGN------
Once we have DISCOVERED your desired results, the next step is to DESIGN your action plan.

DELIVER------
Now that we have DISCOVERED your desired results & DESIGNED your action plan, it's time to execute and DELIVER!

PERSONAL DEVELOPMENT/COACHING

LIFE COACHING
Learn actionable skills you can easily use to improve your daily life.

LEADERSHIP COACHING
Build LEADERSHIP SKILLS with customized personal coaching and support.

SUCCESS COACHING
Dive deep into your development with personalized guidance on your path to SUCCESS!

GROUP COACHING
Leverage the resources and knowledge of a group of individuals ALL working on a common theme but having different individual goals.

PERSONAL DEVELOPMENT
COACHING/TRAINING LIBRARY

- 30 DAYS TO HAPPINESS
- 4 STEPS TO INCREASE YOUR LEADERSHIP SKILLS
- 7 ATTRIBUTES OF GREAT LEADERS
- APPRECIATE YOUR ACHIEVEMENTS
- BE BOLD
- BECOME A BETTER LEADER 4 STEPS TO BOOST YOUR EQ
- BEING OK ALONE
- BELIEVE IN YOUR DECISIONS
- BELIEVE IN YOURSELF
- BOOSTING SELF IMAGE
- BRAIN FIX
- BUILDING A POWERFUL TEAM
- BUILDING SELF BELIEF
- CARE LESS
- CHASING IMPERFECTION
- COMPASSION
- CHARACTERISTICS OF GREAT LEADERS
- COACHING WORKSHOP-TRAINING
- COPY THESE 5 COMMUNICATION SKILLS FROM TOP LEADERS
- DESTROYING LIMITING BELIEFS
- DISCOVER YOUR INNER LEADER
- DIGNITY FULL
- DOING YOUR BEST WORK
- EMBRACE REJECTION
- ENDING SELF SABOTAGE OVERCOME SELF DEFEATING BEHAVIORS
- EVERYDAY LEADERSHIP
- FLAWSOME
- FLIP THE SWITCH
- FRESH START POSITIVE POWER OF NEW BEGINNINGS
- FRIENDLY PERSUASION BUNDLE
- GET ORGANIZED
- GOAL CHUNKING
- HABITS OF LIKEABLE PEOPLE
- HOW TO LEAD WITH COURAGE
- I BELIEVE-ELIMINATE SELF DOUBT
- IMPOSTER SYNDROME
- INCREDIBLE INTUITION
- INVEST IN YOU
- KNOW YOUR WORTH
- LEADERSHIP BUNDLE
- LEARN TO LOVE YOURSELF BUNDLE

PERSONAL DEVELOPMENT
COACHING/TRAINING LIBRARY

- LETTING GO OF TOXIC RELATIONSHIPS
- MEDITATION FOR BEGINNERS
- MOTIVATION- INSTANT MOTIVATION
- MOTIVATION SECRETS OF GREAT LEADERS
- PEOPLE PLEASER
- POSITION YOURSELF AS A LEADER IN 20 MINUTES OR LESS
- POSITIVE SELF IMAGE
- POWER OF GOALS
- PURPOSE AND PASSION
- LEADERSHIP COACHING RESOURCES
- RULE BREAKER
- RUN TOWARDS FEAR
- SELF ESTEEM SUPPORT SYSTEM
- SOCIETAL NORMS
- START DECIDING
- STOP SEEKING VALIDATION
- STOP WASTING TIME
- STRENGTHENING SELF IMAGE
- SUCCESS RITUALS-4 WEEK BUNDLE DAILY SUCCESS RITUALS
- SUCCESS SUPPORT SYSTEM
- SUCCESS TAKES LONGER THAN YOU THINK
- THE CONFIDENCE CHECK
- THE POWER OF SELF WORTH SPECIAL
- THE THINGS YOU SAY
- THE BASICS OF DISCIPLINE
- TIPS ON SELF CONFIDENCE
- TIPS TO APPRECIATE YOUR ACHIEVEMENTS
- TIPS TO BE MORE CHARISMATIC
- TIPS TO BOOST EMOTIONAL INTELLIGENCE
- TOP 10 CRITICAL COMPETENCIES OF GREAT LEADERS
- TOP 10 ESSENTIAL LEADERSHIP SKILLS
- TRY SOMETHING NEW
- VIDEOS-AFFIRMATIONS
- VIDEOS-FINANCIAL FREEDOM
- VIDEOS-THINGS FULFILLED PEOPLE DO
- WHY YOU NEED MENTORS
- WORRY TO EXCITE

WORKSHOP TRAINING AND E-LEARNING

WORKSHOP TRAINING

Our Workshop Training Library includes all of our eLearning courses for workshop training. Workshop resources can be customized to mix and match training topics between courses.

ONLINE TRAINING

Bring your training programs online with our eLearning Library. This is an entire library of self-paced online learning versions of all of our Workshop Training Programs.

REMOTE/HYBRID TRAINING

Imagine the POWER of upskilling your employees digitally, regardless of their physical location.

WORKSHOP TRAINING AND E-LEARNING

As a Leader, Trainer, or Human Resource professional, it is important that you know when it may be time to provide training in your organization. High quality and relevant training is the cornerstone of a successful organization. When your employees get proper training, it increases their productivity and satisfaction with their role in the workplace. It also makes them more effective at completing their tasks and boosts their confidence.

You'd be surprised how training positively impacts the workplace once you implement it. But this does not just fall into our laps. Understanding the need for training requires critical thinking and expertise in your industry and organization.

But how do we become proactive in anticipating the need for training? It's a never-ending job, but these tips will ensure you can stay accountable for providing relevant training to help you and your team meet organizational goals.

A QUICK GUIDE TO ASSIST IN IDENTIFYING ORGANIZATIONAL CHALLENGES ANTICIPATING THE NEED FOR TRAINING:

EXAMINE OVERALL PERFORMANCE
This is the first, and one of the most obvious ways to anticipate the need for training. Consider the ways you track progress in your organization and measure your success. Make sure to examine each department of the organization, not just its entirety. Determine the areas that are successful versus the areas that need improvement. This could be through analytics, sales numbers, customer reviews, or any other trackable way that speaks to your success and helps you stay aligned with your objectives.

All these components will need to be updated and refreshed regularly. However, the areas that show the need for more improvement will help you understand what to prioritize. The key is to provide more focused training on the areas that are lacking and lighter "refresher" training for things that are appearing to be going well.

This can help you specify individual employee's training needs as well. Some areas for improvement may only require specific training for a small group of employees in the organization.

COMMUNICATION IS KEY
The best way to understand organizational challenges is to approach the sources. As someone in a role where you must determine training needs, you should be hypothetically "getting your hands dirty" by examining the workplace.

Understand how the organization runs, the roles people play in that, and the deadlines they must meet. Have employees explain the processes of their day-to-day tasks to you. Ask them how they feel about the process, and if there are any obstacles or difficulties they regularly experience while trying to get the job done.

You should regularly communicate with those who work in your organization. Do not assume that they understand how everything works, ask them. Take suggestions about how things could be better. Consistent and transparent communication prevents issues and misunderstandings before negative consequences come to fruition.

Encourage individuals to tell you where they need assistance and trust your employees as the experts of their department by taking their feedback to heart.

ALIGNMENT OF PUBLIC/STAKEHOLDER VALUES
What does your organization's publics and stakeholders value? How do your employees align with that in how they do their work? Asking yourself these questions can allow you to seek out opportunities to provide training that strengthens this alignment.

For example, if your publics and stakeholders highly value quality customer service, evaluate the last time you provided this training to your employees, if at all.

If they value transparency and ethics, those are other topics you can examine for formal training opportunities.

By sharing with your stakeholders/publics that you are providing training to your employees that aligns with their values, you will build trust, integrity, and position your organization for long term success. It also familiarizes and promotes these values to your employees, inspiring them to implement them into their work.

This strategy helps build positive relationships across your organization.

EMPLOYEE ASSESSMENTS/FEEDBACK

How regularly do you conduct employee performance reviews? These are a great opportunity to not only provide feedback to your employees, but also learn more about potential issues that could be solved with training. Some questions to consider asking:

- What are your biggest challenges in this role?
- Do you have any suggestions on how we can support you in alleviating these challenges?
- What is your feedback on any technologies/software that you use to complete your job?
- What do you hope to learn more about going forward in your role?
- How could we improve communication/teamwork within the organization?

This is a great way to get individualized feedback from your employees based on their specific roles. There may be individualized training needs for different employees or departments and asking these questions will help you determine those.

REFER TO OTHER INDUSTRY LEADERS

Consider other organizations that work in your industry. How do they differ from you, and what gaps can you find between yourself and other industry leaders that your organization could fill with training?

Are they using a different type of technology or software? Do they have different strategies for customer service or company culture? If you are seeing organizations in similar sectors or industries find success in ways you haven't, you may want to consider implementing some of those aspects into your organization, and training is a great place to start.

EVALUATE YOUR INDUSTRY AS A WHOLE

Every industry has it own unique standards and regulations for the profession. Consider this for your organization. Are there any topics that need to be trained on to ensure you are meeting the standards/regulations your organization requires? Sometimes these are even required by law. Be sure to look into the rules in your industry/area to ensure you are ahead.

KEEP TRACK OF PREVIOUS TRAINING WORKSHOPS

When was the last time your employees received training? Remember, this is NOT just training with you, but in general. Make sure you are aware of any training any departments received in the last several years at least. Consider keeping a document with dates and details of any training put on for your employees.

Once you have identified organizational challenges, you can start developing a needs analysis to narrow in on the specifics of your training, such as overall topics, who will be trained, and in what format it will be delivered.

No matter what training program you conclude needs to be conducted, we are ready to help you get ahead on your training with online, in person and remote training.

GET STARTED ON YOUR TRAINING TODAY WITH LOSE YOUR MINDSET!

WHY CHOOSE LOSE YOUR MINDSET TRAINING?
With our training courses you can:
- Have workshops customized to make training more relevant to your audience (using examples and case studies from within your organization or city).
- Mix and match web-based training for individual training needs!
- Add 500+ unique users to our web-based training portal.
- Get access to over 135 courses.

TRAINING MATERIALS
Everything you get with each one-day workshop:
- Training Manuals
- Quick Reference Guides/Job Aids
- Icebreakers & Activities
- Assessments

WORKSHOP TRAINING AND E-LEARNING LIBRARY

Administrative Skills

- Accountability in the Workplace
- Administrative Office Procedures
- Administrative Support
- Archiving and Records Management
- Basic Bookkeeping
- Business Writing
- Collaborative Business Writing
- Executive and Personal Assistants
- Meeting Management
- Organizational Skills
- Social Media In The Workplace
- Supply Chain Management

Career Development

- Assertiveness And Self-Confidence
- Communication Strategies
- Creative Problem Solving
- Creativity: Thinking Outside the Box
- Developing Creativity
- Digital Citizenship
- Entrepreneurship
- Interpersonal Skills
- m-Learning Essentials
- Negotiation Skills
- Personal Branding
- Project Management
- Telework And Telecommuting
- Ten Soft Skills You Need
- The Cloud and Business
- Time Management
- Women in Leadership

WORKSHOP TRAINING AND E-LEARNING LIBRARY

Human Resources

- Business Succession Planning
- Contract Management
- Crisis Management
- Developing a Lunch and Learn
- Diversity and Inclusion
- Employee Onboarding
- Employee Recruitment
- Employee Termination Processes
- Generation Gaps
- Health and Wellness at Work
- Hiring Strategies
- Human Resource Management
- Managing Workplace Harassment
- Measuring Results From Training
- Millennial Onboarding
- Office Health And Safety
- Sensitivity Training
- Talent Management
- Train-The-Trainer
- Unconscious Bias
- Universal Safety Practices
- Workplace Harassment
- Workplace Violence

Personal Development

- Adult Learning - Mental Skills
- Adult Learning - Physical Skills
- Anger Management
- Attention Management
- Being A Likeable Boss
- Critical Thinking
- Emotional Intelligence
- Emotional Intelligence at Work
- Goal Setting and Getting Things Done
- Improving Mindfulness
- Improving Self-Awareness
- Increasing Your Happiness
- Job Search Skills
- Life Coaching Essentials
- Managing Personal Finances
- Managing Workplace Anxiety
- Personal Productivity
- Public Speaking
- Social Intelligence
- Social Learning
- Stress Management
- Taking Initiative
- Trust Building and Resilience
- Work-Life Balance

WORKSHOP TRAINING AND E-LEARNING LIBRARY

Sales And Marketing

- Body Language Basics
- Call Center Training
- Coaching Salespeople
- Contact Center Training
- Creating a Great Webinar
- Employee Recognition
- Event Planning
- High Performance Teams Inside the Company
- High Performance Teams Remote Workforce
- In Person Sales
- Internet Marketing Fundamentals
- Marketing Basics
- Media And Public Relations
- Motivating Your Sales Team
- Multi-Level Marketing
- Overcoming Sales Objections
- Presentation Skills
- Proposal Writing
- Prospecting and Lead Generation
- Sales Fundamentals
- Servant Leadership
- Social Media Marketing
- Telephone Etiquette
- Top 10 Sales Secrets
- Trade Show Staff Training

Supervisors And Managers

- Budgets And Financial Reports
- Coaching And Mentoring
- Conducting Annual Employee Reviews
- Developing New Managers
- Employee Motivation
- Facilitation Skills
- Knowledge Management
- Leadership And Influence
- Lean Process And Six Sigma
- Manager Management
- Middle Manager
- Office Politics For Managers
- Performance Management
- Self-Leadership
- Supervising Others
- Team Building Through Chemistry
- Virtual Team Building And Management

WORKSHOP TRAINING AND E-LEARNING LIBRARY

Workplace Essentials

- Appreciative Inquiry
- Business Acumen
- Business Ethics
- Business Etiquette
- Change Management
- Civility In The Workplace
- Conflict Resolution
- Customer Service
- Customer Support
- Cyber Security
- Delivering Constructive Criticism
- Developing Corporate Behavior
- Handling a Difficult Customer
- Networking Outside the Company
- Networking Within the Company
- Respect in the Workplace
- Responsibility in the Workplace
- Risk Assessment and Management
- Safety In The Workplace
- Team Building For Managers
- Teamwork And Team Building

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