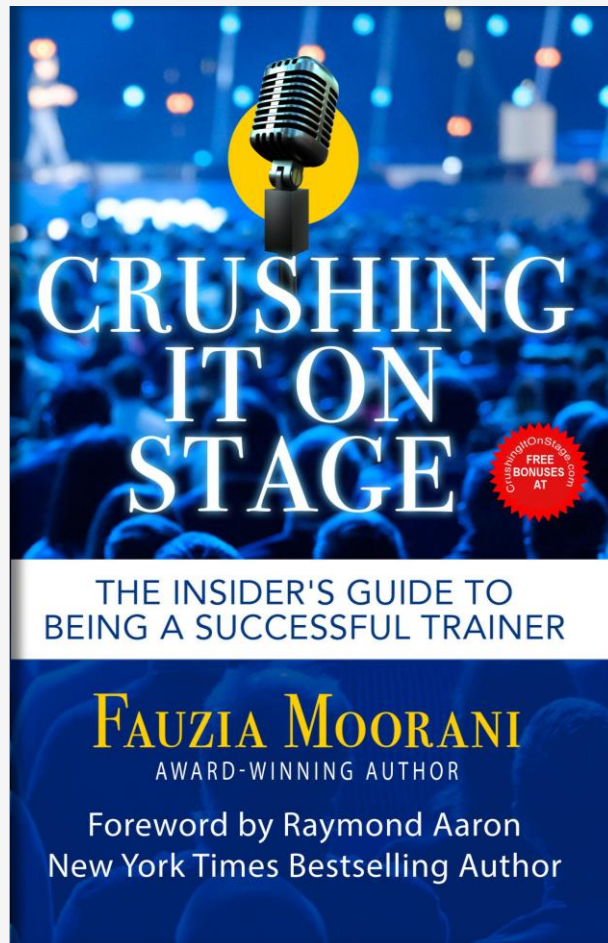


Crushing It On Stage



Accompanying Handbook

Thank you for purchasing a copy of my book: **Crushing It On Stage!** It is my hope that this book will take you on a journey, where you can...

- *use your strengths as building blocks for success*
- *go beyond your comfort zone*
- *create a training that is engaging and interactive*
- *become aware of what needs to be done before, during and after the training*
- *reflect on the kind of leader you want to be branded as*
- *build your self-confidence, and*
- *reflect on your growth throughout the journey*

In addition, I hope you also manage to smile and maybe even laugh at my attempts to be funny (whether it is through a cartoon, my shared experiences or an attempt at a joke), and yes, it's okay to groan as you read through it. I know my friends and family will!

Although there is space in the actual book to document your reflections as you go through this journey, this accompanying handbook has been created for readers like you, who prefer not to write in their books.

I recommended that you read one chapter at a time. You can then document any thoughts that come to mind, whether they be answers to questions posed in that chapter or any stories, anecdotes or questions that you may have.

Once you complete the book, take a look at your reflections and make note of anything that stands out or questions that you feel are still unanswered. Feel free to reach out to me to share any feedback or questions that are still lingering. Comments may be shared directly on my website CrushingItOnStage.com. I look forward to hearing from you.

Wishing you a meaningful and exciting journey!

All my best,

Fauzia Moorani
Author of *Crushing It On Stage*
CrushingItOnStage.com

Chapter Headings

Chapter 1: My Journey as a Trainer - What Was I Thinking?

Chapter 2: Trainers as Superheroes! Looking Back...

Chapter 3: I Could Never Do That!

Chapter 4: Oh No, I've Got to Do the Next Training!

Chapter 5: I'm Ready to Start. Now What?

Chapter 6: Ahhh! The Big Day Is Here!

Chapter 7: The E-Factor!

Chapter 8: No Budget? Are You Kidding? Now What Do I Do?

Chapter 9: I'm so Glad It's Done, but How Did I Do?

Chapter 10: Hey, I Can Do This!

"We cannot see our reflection in running water. It is only in still water that we can see." – Zen Proverb

Chapter 1 Reflections...

"I'm reflective only in the sense that I learn to move forward. I reflect with a purpose." – Kobe Bryant

Chapter 2 Reflections...

“Reflect upon your present blessings—of which every man has many—not on your past misfortunes, of which all men have some.” – Charles Dickens

Chapter 3 Reflections...

"Efforts and courage are not enough without purpose and direction."
– John F. Kennedy

Chapter 4 Reflections...

“How we think shows through in how we act. Attitudes are mirrors of the mind. They reflect thinking.” – David Joseph Schwartz

Chapter 5 Reflections...

“Doubt can motivate you, so don't be afraid of it. Confidence and doubt are at two ends of the scale, and you need both. They balance each other out.” – Barbra Streisand

Chapter 6 Reflections...

"Strive not to be a success, but rather to be of value." – Albert Einstein

Chapter 7 Reflections...

"The only thing worse than training your employees and having them leave, is not training them and having them stay." – Henry Ford

Chapter 8 Reflections...

“Do the one thing you think you cannot do. Fail at it. Try again. Do better the second time. The only people who never tumble are those who never mount the high wire. This is your moment. Own it.” – Oprah Winfrey

Chapter 9 Reflections...

“Satisfaction lies in the effort, not in the attainment. Full effort is full victory.”
– Mahatma Gandhi

Chapter 10 Reflections...