



DIVORCED DADS'  TELE-SEMINARS



DivorcedDadWeekly.com



*“Please PRINT THIS PAGE
and TAPE IT TO YOUR WALL
so you REMEMBER to attend this
Divorced DAD Weekly training...”
~ Danny Guspie & Heidi Nabert*

Divorced Dad Weekly Call – Dial-In Details

| | |
|-----------------|--|
| DATE | Monday, September 24, 2007 - 90 Minute Call |
| TIME | 7:30pm - Eastern • 6:30pm - Central • 4:30pm - Pacific |
| DIAL IN | 1- 218-486-3696 |
| PASSCODE | 425834# |
| TOPIC | (Divorced Dad Weekly Call - Winning Strategies) “Divorce101 - Step 1: invigoration Strategies to Handle Stress” |

5 Tips – To Get the Most Out Of This Call

- 1 Print this sheet out so you can write and take notes during the call
- 2 Think of how to quickly implement the ideas revealed on the call
- 3 Make a deadline to complete at least 3 tips you'll learn on the call
- 4 Begin to take MASSIVE ACTION on the easiest steps to begin.
- 5 Maintain a Positive attitude and always stay Focussed on your Goals

SPECIAL NOTE: This teleseminar starts on time according to www.Time.gov so please dial-in five minutes early so you don't miss any content. Your courtesy will be most appreciated

© Copyright 2007. Fathers Resources International



DIVORCED DADS'



TELE-SEMINARS



Divorced **Dad** Weekly.com

NOTICE

This tele-seminar
does not constitute
legal advice,
if you want
legal advice
please contact a
Family Law Lawyer
in your area

SPECIAL NOTE: This teleseminar starts on time according to www.Time.gov so please dial-in five minutes early so you don't miss any content. Your courtesy will be most appreciated

© Copyright 2007. Fathers Resources International



AGENDA

Divorced Dad Weekly Teleseminar – Winning Strategies

“Divorce 101 - Step One - Invigoration: Strategies to Handle Stress”

TONIGHT’S CALL - SEPTEMBER 24, 2007 AT 7:30 PM EST - 90 MINUTES

Tonight’s teleseminar training session is divided into 7 sections

1. Welcome to call for new participants - 10 minutes - 7:30 P.M. - EST
2. Introduction to call for new participants - 15 minutes - 7:40 P.M. - EST
3. Five Minute Break/ Welcome to our call for returning callers - 5 minutes - 7:55 P.M. - EST
4. Training Session - Divorce 101: Step One Invigoration - 30 minutes - 8:00 P.M. - EST
5. Q & A session - 25 minutes - 8:30 P.M. - EST
6. Wrap-up / Announcements - 4 minutes - 8:55 P.M. - EST
7. Next week's call details - 1 minute - 8:59 P.M. - EST

Call Concludes at 9:00 PM

**FREE Replay Available During Beta Testing of our Systems at
www.DivorcedDadWeekly.com**

WEBSITE www.Fathers-Resources.com
BLOG www.Divorced-Dad-Daily.com
PODCAST www.DivorcedDadMinute.com
TELESEMINARS www.DivorcedDadWeekly.com

1-888-54-DADDY
North America Toll Free
Toronto 416-861-0626

SPECIAL NOTE: This teleseminar starts on time according to www.Time.gov so please dial-in five minutes early so you don't miss any content. Your courtesy will be most appreciated
© Copyright 2007. Fathers Resources International



DIVORCED DADS' TELE-SEMINARS



DivorcedDadWeekly.com

EXECUTIVE SUMMARY

Divorced Dad Weekly Teleseminar – Winning Strategies

“Divorce 101 - Step One - Invigoration: Strategies to Handle Stress”

Quote For This Week

“To become different from what we are,
we must have some awareness of what we are.” ~ Eric Hoffer

TONIGHT'S CALL - SEPTEMBER 24, 2007 AT 7:30 PM EST - 90 MINUTES

Tonight's teleseminar training session is divided into 7 sections:

1. Welcome to the Call for new callers
2. Introduction to the Call
3. Five Minute Break / Welcome to our call for returning callers
4. An explanation of Divorce 101 - Step One: Invigoration
5. How can I apply this in my situation?
6. What resources are available to help me?
7. What are my action steps?

YOUR ACTION STEPS

1. Acceptance of your level of stress – Divorce causes MASSIVE stress & overwhelm...
2. Understanding Yourself and Your Soon to Ex – Recognizing MASSIVE stress in both of you...
3. Education – Finding out how to defuse MASSIVE stress in both of you...
4. Planning – What “decompression” strategies can you easily integrate into your lifestyle?
5. Implementing – Progress Exceeds Perfection - Actively Wage Peace Now!
6. Observing – Am I making progress or is it getting worse?
7. Correcting - If it doesn't work, stop doing it. Change your Strategy Now.
8. Building upon your successes – “Stack” your solutions to MASSIVE stress & overwhelm...
9. Apply Invigoration Strategies from Divorce 101 to defuse your MASSIVE stress & overwhelm NOW.

WEBSITE www.Fathers-Resources.com
BLOG www.Divorced-Dad-Daily.com
PODCAST www.DivorcedDadMinute.com
TELESEMINARS www.DivorcedDadWeekly.com

1-888-54-DADDY
North America Toll Free
Toronto 416-861-0626

SPECIAL NOTE: This teleseminar starts on time according to www.Time.gov so please dial-in five minutes early so you don't miss any content. Your courtesy will be most appreciated

© Copyright 2007. Fathers Resources International

DIVORCE 101™

Seven Steps to Divorce Healing

| | | |
|----------|----------------------|--|
| 1 | Invigoration | <p>The death of one's family brings about 4 stages</p> <ul style="list-style-type: none">• Denial • Anger • Grieving <p>Vigorous physical activity helps lower stress and supports problem solving which leads to Acceptance</p> |
| 2 | Communication | <p>Learn to apply these skills</p> <ul style="list-style-type: none">• Regulation of self-talk • Reframing • Persuasion• Influence These skills enable articulation and comprehension of the problems, leading to creative solutions. |
| 3 | Education | <p>Believe solutions exist and you will begin to see them</p> <p>Books, tapes, professionals, support groups, self-help resources provide ideas. Without ideas, the process grinds to a halt.</p> |
| 4 | Negotiation | <p>Most people rely on 1 or 2 negotiating strategies</p> <p>Study, learn and apply the skills required to negotiate Increase your options and you are closer to a creative win/win solution.</p> |
| 5 | Mediation | <p>A professional mediator can help</p> <p>When the lines of communication break down, mediators are trained in conflict resolution. Attend sessions even by yourself, to improve your communication skills.</p> |
| 6 | Enrichment | <p>Consult a child psychologist</p> <p>They can assist with parenting enrichment and a parenting plan. This will heal your child from the impact of the divorce and help meet their developmental needs.</p> |
| 7 | Litigation | <p>The absolute last resort</p> <p>If you have taken the time to methodically work through these steps properly, you can establish that you have the skills and the willingness to work things out.</p> |

SPECIAL NOTE: This teleseminar starts on time according to www.Time.gov so please dial-in five minutes early so you don't miss any content. Your courtesy will be most appreciated

© Copyright 2007. Fathers Resources International

DIVORCED DAD WEEKLY CALL

“Divorce 101 - Step One - Invigoration: Strategies to Handle Stress”

1. Welcome to the Call

2. Introduction to the Call

3. Name 3 ways you can apply the Divorce 101 Invigoration Strategies to relieve stress

4. What is your immediate major problem and how can “decompressing” help?

5. What community or other resources are available to help me?

6. What are my three action steps to reduce Massive Stress and Overwhelm?

DIVORCED DAD WEEKLY CALL

“Divorce 101 - Step One - Invigoration: Strategies to Handle Stress”

YOUR ACTION STEPS

CREATE YOUR GAME PLAN

1. **Acceptance of your level of stress - Name what's immediately stressing you out**

2. **What's the # 1 thing stressing out your soon to be EX?**

3. **Education - Finding out how to defuse MASSIVE stress in both of you...**

4. **Planning - What “decompression” strategies can you integrate into your lifestyle?**

5. **Implementing - Progress Exceeds perfection - Actively Wage Peace Now!**

6. **Observing - Am I making progress or is it getting worse?**

7. **Correcting - If it doesn't work, stop doing it - How will you Change Your Strategy Now?**

8. **Building upon your successes - How will you “Stack” your solutions to MASSIVE stress & overwhelm?**

9. **How will you apply Invigoration Strategies to defuse your MASSIVE stress & overwhelm NOW?**



DIVORCED DADS'  TELE-SEMINARS 
DivorcedDadWeekly.com



*“Please PRINT THIS PAGE and
TAPE IT TO YOUR WALL so you
REMEMBER to attend next weeks
Divorced DAD Weekly training...”
~ Danny Guspie & Heidi Nabert*

NOTE: There is NO TeleSeminar on Monday October 1st, next TeleSeminar October 8th

Divorced Dad Weekly Call – Dial-In Details

| | |
|-----------------|---|
| DATE | Monday, October 8, 2007 - 90 Minute Call |
| TIME | 8:00pm - Eastern • 7:00pm - Central • 5:00pm - Pacific |
| DIAL IN | 1- 218-486-3696 |
| PASSCODE | To BE ANNOUNCED |
| TOPIC | Divorced Dad Weekly Call - Winning Strategies “Divorce101 - Step Two: Communication” |

5 Tips – To Get the Most Out Of Next Weeks Call

- 1 Print this sheet out so you can write and take notes during the call
- 2 Think of how to quickly implement the ideas revealed on the call
- 3 Make a deadline to complete at least 3 tips you'll learn on the call
- 4 Begin to take MASSIVE ACTION on the easiest steps to begin.
- 5 Maintain a Positive attitude and always stay Focussed on your Goals

SPECIAL NOTE: This teleseminar starts on time according to www.Time.gov so please dial-in five minutes early so you don't miss any content. Your courtesy will be most appreciated
© Copyright 2007. Fathers Resources International