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# PRACTICES

## TO BE A MINDFUL SALES PROFESSIONAL

When you integrate mindfulness and sales you become more effective and profitable.

### MINDFULNESS IS:

The practice of being present in the moment.

### INCREASE SALES BY:

- Reducing Stress and Anxiety
- Creating Focus
- Reducing Overwhelm
- Increasing Memory
- Improve Health and Happiness



SET INTENTION

CENTER WHILE  
MEET & GREET



KNOW YOUR BELIEFS  
QUALIFICATION

CREATE VISION  
PRESENTATION

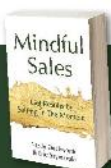


AFFIRMATION  
DEMONSTRATION

MOVEMENT  
TRIAL CLOSE & CLOSE



GRATITUDE & FOLLOW UP



Holly Duckworth & Eric Szymanski  
Who are you BEING when you are SELLING?

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