

## JOHN GRAY - Topics

### *ANTI-AGING*

- Gender specific stress management for optimal health and resilience
- Stress levels are on the rise for both men and women but especially for women
- Why women are four times more stressed than men
- How stress affects our health
- How different hormones lower stress for men and women
- The importance of Oxytocin and Estrogen for reducing stress in women
- The importance of testosterone for reducing stress in men
- Relationship and communication skills essential for combating stress at home and at work
- New listening skills for men to help lower stress in women
- How men can dramatically increase a woman's estrogen and oxytocin to lower her stress
- Messages from a woman to a man can dramatically increase testosterone and lower his stress
- The importance of cave time for a man and talking for a woman
- Creating Romance is the ultimate hormone simulator
- How women unknowingly sabotage romance
- How men can easily sustain a romantic relationship: Scoring points on Venus
- Natural supplements to support romantic hormones
- Lithium orotate for stress reduction and improved digestion
- How the Microbiome helps brain function versus dangers of stimulant drugs for ADHD
- New research on probiotics and GCMF for stress management

### *BUSINESS TOPICS*

#### Leadership

- Smart communications skills for business success
- Understanding gender appropriate approaches to motivate men and women
- Insights for managing stress at work and home
- Understanding and bridging the gender gap at work
- Understanding the unique strengths of men and women in the workplace
- Understanding brain and hormone differences between men and women

#### Sales

- Understanding how men and women are motivated differently
- Closing the sale with a man or a woman
- Insights for building trust with women and confidence in men
- Maintain successful relationships with clients

- New insights for getting referrals and for expanding your customer base
- Understanding brain and hormone differences between men and women
- Discover why and how men and women are motivated to buy

## Team Building

- Increasing morale through understanding and nurturing the differences
- Managing stress effectively in the work place
- Supporting work/life balance for men and women in different ways
- Improving communication between the sexes
- Minimizing conflict and resolve differences
- Appreciating inclusiveness through appreciating our differences
- Understanding brain and hormone differences between men and women
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## Leadership Skills for Women Only

- Create a culture in your business that supports women in rising to the top
- Develop your leadership skills by understanding how men and women work differently
- Be more successful through understanding women's unique needs for managing stress effectively
- Increase success through building confidence in dealing with the opposite sex
- Learn how to motivate men and avoid conflict

## *How to Get What You Want at Work*

Dr. Gray analyzes the ways men and women misunderstand and misinterpret each other in the workplace, and he offers practical advice on reducing unnecessary conflict and frustration.

### ***HOW TO GET WHAT YOU WANT AT WORK will:***

- **Increase your profits** by giving you the tools to make the sale and keep the client
- **Increase your performance** by giving you the tools to improve communication, promote teamwork, and enhance working relationships.
- **Increase your productivity** by providing a greater awareness and appreciation of the diverse characteristics within each of us – and how these differences can positively or negatively affect productivity
- **Increase your effectiveness** by empowering you to overcome frustration and resolve conflict in difficult communication situations.
- **Increase your morale** by utilizing interactive techniques that will promote respect and build trust.

Applying his trademark practical advice to everyday office issues, John Gray will teach you how to achieve your goals and how to make the workplace a source of fulfillment and profit.

Sales are the most vital activity in which a company can employ. They permit companies to employ people, purchase equipment, and create products or supply services. Without sales, there is no future for a business. The poor economy has affected businesses all over the world.

- Avoid misreading customers
- Engage customers through social media
- Run relevant promotions

## *Topic: Increasing Confidence in the Workplace*

Through understanding the differences between men and women in the workplace women can increase confidence and experience greater appreciation. Through understanding men in a new way, women can respond in a manner that earns greater respect and promotes increased cooperation. By recognizing how men and women interpret behaviors and emotional reactions differently both men and women can make better choices to make more effective.

John will explore in great detail the difference in how men and women communicate, solve problems, react to stress, earn respect, promote themselves, experience emotional support, attempt to minimize conflict and ask for what they want. By showing the many ways men and women misunderstand and misinterpret each other participants can laugh at their mistakes and be inspired by John's practical advice to achieve their goals and make the workplace a source of fulfillment.

- Understand why women's stress levels are 2x as high as men's and what they can do about it
- Learn new ways to motivate men to respond to women's needs
- Communicate more effectively to earn the appreciation you deserve
- Three ways women sabotage communication and unknowingly lose the respect of men
- Practical insights for building confidence in working with men

## *Venus on Fire, Mars On Ice- "The Key to Life, Love and Energy*

Learn from John how new communication skills and specific supplements can immediately lower stress levels while providing the foundations for lasting happiness and immediate transformation. John provides sample tips and practical knowledge you need to ensure a steady supply of feel-good hormones for you and your partner. Venus on Fire, Mars On Ice provides groundbreaking insights into: the unique ways that each gender deals with stress, how the stress hormones harm our health and complicate our ability to relate to one another, the important role of 'super foods' and good nutrition in replenishing hormones, how balancing our blood sugar is intricately connected to balancing our hormones and how achieving hormonal balance will not only improve our relationships but give us the strength and energy to cope with the challenges of our modern lifestyles.

## ***Why Mars and Venus Collide - “Improving Relationships by Understanding How Men and Women Cope Differently with Stress”***

***Why Mars & Venus Collide*** examines how traditional male and female roles have evolved, how these changes have increased stress levels in our lives, and how they affect romantic relationships. Gray explains how men and women naturally react to stress in vastly different ways and shows how without understanding Mars and Venus’ differences, couples will experience unnecessary frustration. Backed by scientific research, Gray offers a clear, easy-to-understand program to bridge the gap between the two planets, providing effective communication strategies that will actually lower stress levels. He will also discuss extending the message to the community for global health and healing.

## ***Mars and Venus Diet and Exercise Solution***

***“Creating brain chemistry of health, happiness and romance through natural cellular cleansing and nutritional support.”***

Experience stress reduction, stabilized mood and increased energy using the Mars Venus Wellness Solution. Discuss how diet, exercise and communication skills combine to affect overall health and family relationships. John Gray will address tools to better manage stress through gender specific nutrition products designed to support a healthy lifestyle for you and your family.

## ***Staying Focused in a Hyper World – Natural Solutions to ADHD***

We need more than new communication skills and an understanding of our differences to have healthy relationships these days. We also need the nutritional support necessary for positive moods, sustained energy and most importantly, focus. Without focus, communication breaks down in all relationships and frustration increases. Without focus in romantic relationships, passion is lost and there is an increase in breakups and divorces. Without focus at work, people are increasingly dissatisfied and bored, often feeling unappreciated, distracted, exhausted or overwhelmed. Without focus, our lives lose purpose, we are easily distracted, forgetting what we are here for or never realizing what is most important in life. In the midst of our accelerated progress, our modern society has lost our way. We have a greater consciousness of new possibilities but we feel less connected in our relationships due to our loss of focus.

- What are the four types of ADHD
- How ADHD is overmedicated
- Dangerous side effects of taking medication for ADHD
- How media suppresses natural solutions for ADHD
- Is ADHD invented to prescribe more drugs or is it real
- How big is this problem really
- If ADHD is affecting so many children how are adults being affected
- Why are you teaching about ADHD

- How does ADHD affect relationships
- Why are so many people choosing not to get married
- What causes ADHD
- What causes memory loss
- How common is dementia and Alzheimer's disease
- Can this be reversed or at least prevented
- How does Tylenol cause ADHD
- If oxidative stress causes mental challenge what is oxidative stress
- How to reverse oxidative stress
- Is there research on oxidative stress and why haven't we heard about it
- You say ADHD is under diagnosed please explain

## *Topic: Men are From Mars Women are From Venus “A Practical Guide for Improving Communication and Getting What You Want in Your Relationships”*

An essential tool for couples who want to develop more satisfying relationships with their partners. In this book, John provides a practical and proven way for men and women to communicate better by acknowledging the differences between them. Based on years of counseling couples and research, he gives advice on how to counteract these differences in communication styles, emotional needs and modes of behavior to promote a greater understanding between partners. His simple suggestions for reducing conflict, information on interpreting behavior and secrets to successful relationships will enrich your life

## *Weekend Soul Mate Seminar for Singles and Couples*

- Create lasting love
- Overcoming the Obstacles to Finding Your Soul Mate and Awakening Your Soul Connection
- Learn New Ways to Communicate So Your Partner Can Understand You: How to Avoid and Minimize All Conflict
- A Man with a Plan a Women with a Smile – How to be Irresistible to the Opposite Sex
- Finding forgiveness - Restoring innocence and falling in love again
- How to sustain attraction for a lifetime

## *Men Are From Mars Women Are From Venus – Improve communication and get what you want in your relationships*

- Create positive relationships through understanding the differences between men and women
- Practical tools for avoiding and resolving conflict

- New skills for creating lasting romance
- Understand how men and women can manage stress more effectively

**Being able to understand the thought process and buying patterns of both your male and female clients provides you a tremendous advantage.**

**Science recognizes men and women perceive and react to situations differently. Successful businesses recognize men and women make buying decisions differently. We now know these differences aren't stereotypes or created by environment; they originate from differences in the way male and female brains function.**

### ***Gender Smart Leadership***

- Gender Smart communications skills for business succeeds
- Understanding gender appropriate approaches to motivate men and women
- Gender Smart Insights for managing stress at work and home
- Understanding and bridging the gender gap at work
- Understanding the unique strengths of men and women in the workplace
- Understanding brain and hormone differences between men and women

### ***Gender Smart Sales***

- Understanding how men and women are motivated differently
- Closing the sale with a man or a woman
- Insights for building trust with women and confidence in men
- Maintain successful relationships with clients
- New insights for getting referrals and for expanding your customer base
- Understanding brain and hormone differences between men and women
- Discover why and how men and women are motivated to buyHow to make more money by mastering the art of communicating across generational barriers

### ***Gender Smart Team Building***

- Increasing morale through understanding and nurturing the differences
- Managing stress effectively in the work place
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- Improving communication between the sexes
- Minimizing conflict and resolve differences
- Appreciating inclusiveness through appreciating our differences
- Understanding brain and hormone differences between men and women

### ***Gender Intelligent Leadership Skills for Women Only***

- Create a culture in your business that supports women in rising to the top
- Develop your leadership skills by understanding how men and women work differently

- Be more successful through understanding women's unique needs for managing stress effectively
- Increase success through building confidence in dealing with the opposite sex
- Learn how to motivate men and avoid conflict

## *Conscious Men*

Conscious Men guides a man to look within and discover his purpose and mission; to be in touch with his feelings but not ruled by his feelings; to live a life that is in pursuit of his path, while honoring the commitments he made during that pursuit. This book is a practical roadmap to support every man to discover and live his unique calling.

Conscious Men (recently published book by John Gray, PhD) explores 12 qualities of the New Masculinity. Each chapter offers a vivid portrait of each quality, with insights about how it is influenced by biochemistry. It presents road map for the challenges men face today in living their fullest potential, as well as dozens of suggested practices for how to develop each quality. The book also has a "To Women" section for each chapter: offering women insight about how to recognize a good and trustworthy man, as well as how to support a man to bring the best out of himself.

## *Parenting Workshop based on John Gray's Book Children Are From Heaven*

Children do not need to be motivated by fear of punishment. Instead, they can easily be motivated by reward and the natural, healthy desire to please their parents.

In his travels, lectures, and seminars, the book John Gray has been most often asked to write is a parenting book. After years of serious thought, workshops, and practical applications, John Gray has created a brilliantly original and effective system that he calls positive parenting, for children of all ages, from birth through the teenage years. Completing the notion that Men Are from Mars, Women Are from Venus, he adds. . .and Children Are from Heaven.

John Gray has discovered that children today do not need to be motivated by fear of punishment. Instead, they can easily be motivated by reward and the natural, healthy desire to please their parents.

Children Are from Heaven covers the different skills of positive parenting to help improve communication, increase cooperation, and motivate your children. Central to this new approach to parenting are the five positive messages your children need to learn again and again:

- It's okay to be different
- It's okay to make mistakes
- It's okay to express negative emotions
- It's okay to want more
- It's okay to say no, but remember mom and dad are the bosses

When these messages are put into practice--and John Gray shows you how--your children

will develop the necessary skills for successful living: forgiveness of others and themselves, sharing, delayed gratification, self-esteem, patience, persistence respect for others and themselves, cooperation compassion, confidence, and the ability to be happy. With this new approach, you will be allowing your children to develop fully during each stage of their growth.

John Gray's reassuring message is that children are from heaven and they already have within themselves what they need to grow. Your job as a parent is to support that process. By applying the five messages and different skills of positive parenting, your children will receive what they need to become more cooperative, confident, and compassionate.