



Team 100 Program

VERSION 3, 4/99

PROGRESS CHART

Date	Points (+/-)	Score
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Helping clients get the results they need requires a team effort by the Coach and other professionals.

The **Team 100™** List works like a dance card: You select the 100 other professionals who you want on your team. With the right players, here's what can happen:

- Your clients have access to a strong network.
- You can tap into high-expertise immediately.
- Most problems or needs can be solved, fast.
- Referrals start flowing among team members

TEAM 100 PROGRAM 100-POINT CHECKLIST

How to Play:

1. Decide to get a full team within 1 year.
2. Fill in the team members you now know.
3. Start networking to fill in the other slots.
4. Pass around blank forms to associates.
5. Get yourself on other's **Team 100™** lists.

*DEDICATED TO THE MODEL OF
NETWORKING: SANDY VILAS*

Developed by the staff, trainers and participants of

COACH U, INC.



#	SECTION				
	A	B	C	D	E
10					
9					
8					
7					
6					
5					
4					
3					
2					
1					

GIVE YOURSELF CREDIT AS YOU GET POINTS FROM THE 100-POINT PROGRAM. FILL IN COLUMNS FROM THE BOTTOM UP.

Instructions for this assessment are on the last page.



A. BIZ & WORK

Running a business, managing a career, finding work that you enjoy all come easier when you have experts and models to guide and inspire you.

- New Business Specialist
Name: _____
Contact Info: _____
- Career Consultant/Planner
Name: _____
Contact Info: _____
- Graphic Artist
Name: _____
Contact Info: _____
- Printer/Copy Place
Name: _____
Contact Info: _____
- Turnaround Business Expert
Name: _____
Contact Info: _____
- Corporate Trainer
Name: _____
Contact Info: _____
- Professional Networker
Name: _____
Contact Info: _____
- Internet Marketing Expert
Name: _____
Contact Info: _____
- Web Presence Provider
Name: _____
Contact Info: _____
- Personal Marketer
Name: _____
Contact Info: _____
- Business Coach
Name: _____
Contact Info: _____
- Corporate Coach
Name: _____
Contact Info: _____
- Executive Coach
Name: _____
Contact Info: _____
- Business Diagnostic Coach
Name: _____
Contact Info: _____
- Marketing Coach
Name: _____
Contact Info: _____
- Professional Writer
Name: _____
Contact Info: _____
- Computer Consultant
Name: _____
Contact Info: _____
- Hard Disk Crash Recoverer
Name: _____
Contact Info: _____

- Software Consultant
Name: _____
Contact Info: _____
 - Headhunter
Name: _____
Contact Info: _____
- ____ **Number of boxes checked (20 max)**

B. MONEY & LEGAL

The only thing in the way of your financial independence is great advice and the willingness to apply it.

- Small Business Attorney
Name: _____
Contact Info: _____
- Real Estate Attorney
Name: _____
Contact Info: _____
- Tax Attorney
Name: _____
Contact Info: _____
- International Attorney
Name: _____
Contact Info: _____
- Estate Attorney
Name: _____
Contact Info: _____
- Copyright/Trademark Attorney
Name: _____
Contact Info: _____
- Criminal Attorney
Name: _____
Contact Info: _____
- Financial Planner
Name: _____
Contact Info: _____
- Banker
Name: _____
Contact Info: _____
- Realtor
Name: _____
Contact Info: _____
- Venture Capitalist
Name: _____
Contact Info: _____
- Stockbroker
Name: _____
Contact Info: _____
- CPA
Name: _____
Contact Info: _____
- Insurance - Life/Health/Disability
Name: _____
Contact Info: _____
- Insurance - Liability
Name: _____
Contact Info: _____



Insurance - Home/Auto
Name: _____
Contact Info: _____

Bookkeeper/Bill Paying Service
Name: _____
Contact Info: _____

Grant Writer
Name: _____
Contact Info: _____

Property Manager
Name: _____
Contact Info: _____

Money Manager
Name: _____
Contact Info: _____

___ **Number of boxes checked (20 max)**

C. PERSONAL & HEALTH

Our bodies, minds and spirits can benefit from these experts.

MD - Internist
Name: _____
Contact Info: _____

MD - Ophthalmologist
Name: _____
Contact Info: _____

MD - Cosmetic Surgeon
Name: _____
Contact Info: _____

MD - Dermatologist
Name: _____
Contact Info: _____

MD - Sports
Name: _____
Contact Info: _____

MD - Psychiatrist
Name: _____
Contact Info: _____

Nutritionist
Name: _____
Contact Info: _____

ND (Naturopath)
Name: _____
Contact Info: _____

Massage Therapist
Name: _____
Contact Info: _____

Chiropractor
Name: _____
Contact Info: _____

Pharmacist
Name: _____
Contact Info: _____

Movement Therapist
Name: _____
Contact Info: _____

Acupuncturist

Name: _____
Contact Info: _____

Diagnostician
Name: _____
Contact Info: _____

Therapist - Depression
Name: _____
Contact Info: _____

Therapist - ADD Expert
Name: _____
Contact Info: _____

Therapist - Relationships
Name: _____
Contact Info: _____

Fertility Expert
Name: _____
Contact Info: _____

Dentist/Cosmetic Dentist
Name: _____
Contact Info: _____

Speech Therapist
Name: _____
Contact Info: _____

___ **Number of boxes checked (20 max)**

D. PERSONAL SERVICES

These are services that make our lives easier.

Housekeeping/Cleaning
Name: _____
Contact Info: _____

Travel Agent
Name: _____
Contact Info: _____

Event Planner
Name: _____
Contact Info: _____

Florist
Name: _____
Contact Info: _____

Professional Gift Service
Name: _____
Contact Info: _____

Portrait Photographer
Name: _____
Contact Info: _____

Caterer
Name: _____
Contact Info: _____

Seamstress/Tailor
Name: _____
Contact Info: _____

Childcare/Babysitter
Name: _____
Contact Info: _____

Minister/Clergy
Name: _____
Contact Info: _____



- Auto mechanic/Car Care
Name: _____
Contact Info: _____
- Electrician
Name: _____
Contact Info: _____
- Air conditioning/Heating
Name: _____
Contact Info: _____
- Plumber
Name: _____
Contact Info: _____
- Professional Organizers
Name: _____
Contact Info: _____
- Personal Concierge/Errands
Name: _____
Contact Info: _____
- Dog Walker/Pet Sitter
Name: _____
Contact Info: _____
- Good Book Mavern
Name: _____
Contact Info: _____
- Interior Designer/Decorator
Name: _____
Contact Info: _____
- Handyman/woman
Name: _____
Contact Info: _____

____ **Number of boxes checked (20 max)**

E. EXTREME SELF CARE

Extreme self-care refers to the practice of taking exceptionally good care of your body, mind and spirit. The professionals below can make a big difference in your emotional, physical and energy levels.

- Skin Care Specialist/Spa
Name: _____
Contact Info: _____
- Personal Assistant (Real)
Name: _____
Contact Info: _____
- Personal Assistant (Virtual)
Name: _____
Contact Info: _____
- Personal Trainer
Name: _____
Contact Info: _____
- Healthy Food Delivery
Name: _____
Contact Info: _____
- Personal Coach
Name: _____
Contact Info: _____
- Spiritual Advisor/Clergy
Name: _____
Contact Info: _____

- Manicurist/Pedicurist
Name: _____
Contact Info: _____
- Jeweler
Name: _____
Contact Info: _____
- Certified Rolfer
Name: _____
Contact Info: _____
- Image/Color Consultant
Name: _____
Contact Info: _____
- Personal Makeover Coach
Name: _____
Contact Info: _____
- Communication Coach
Name: _____
Contact Info: _____
- Feng Shui Consultant
Name: _____
Contact Info: _____
- Reiki Master
Name: _____
Contact Info: _____
- Alexander Technique Expert
Name: _____
Contact Info: _____
- Irresistible Attraction Coach
Name: _____
Contact Info: _____
- Visual Artist Consultant
Name: _____
Contact Info: _____
- Lifestyle Design Coach
Name: _____
Contact Info: _____
- Psychic
Name: _____
Contact Info: _____

____ **Number of boxes checked (20 max)**

ADDITIONAL TEAM MEMBER IDEAS. Elder Care specialist, Self-Defense Trainer, Dental Insurance, Pest Control, Retirement Planner, Home School Expert, Vet, Carpet Cleaner, Painter, Funeral Director, Decorator, Landscaper, Pediatrician, Architect, Optometrist, Grief Counselor, Strategic Planner, Pet Trainer, Holistic Medical Practitioner, Spiritual Healer, Development Disabilities, Personal Shopper.

INTERNATIONAL TEAM MEMBER IDEAS: International Law Expert, Inter-Cultural Communicator (Diversity Trainer), International Travel Expert, Translator, Interpreter, Foreign Language Teacher, International Conference Coordinator.

COACH U, INC.



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