



Believe in Yourself Achieve your Dreams

Too often, we settle for what we have and become content where we are. Regardless of your current circumstances, you have the ability to achieve your dreams. Don't let your current situation stand in your way of achieving your very best.

By understanding, accepting, and being yourself, you can begin to believe in yourself and achieve your dreams. Frank will gently, yet powerfully, guide you through a series of steps to truly believe in yourself. He will then show you how to achieve your dreams.

Frank S. Adamo, a communications coach, certified career transition coach, international trainer and instructor, and a published author of *31 Tips to Becoming an Effective Presenter* is also a contributing author to the books *Discover your Inner Strength* with Brian Tracy, Ken Blanchard and Stephen Covey and *Yes You Can!* with Jim Rohn and Dr. Warren Bennis. Frank has also recently partnered with Brian Tracy in an online education series, *iLearningGlobal* at cli.gs/iLG-Edu.

Testimonials

"Thank you so much for the wonderful presentation. Your help was extremely motivational for me and you made me want to strive to achieve similar results."

Natalia Pollard, Image Consultant

"You are an example of what is a truly trained and professional person. You are the guy who hit the winning homerun and shot the final basket in the last two seconds of the game and the cavalry coming to save the day."

*Alfred. J. Nunez, U.S. Selective Service Board Member
appointed by the President of the United States*



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...to book or contact Frank