

Team 100 Program

Helping coachees 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 coachees 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

Dedicated to the model of networking: Sandy Vilas

Instructions

1. Decide to get a full team within one 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.

PROGRESS CHART

Date	Points (+/-)	Score

Team 100 Program 100-Point Checklist

Sections					
#	A	B	C	D	E
20					
19					
18					
17					
16					
15					
14					
13					
12					
11					
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.

A. Business and 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.

Number of circles checked (20 max) _____

- ☐ **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: _____

B. Money and Legal

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

Number of circles checked (20 max) _____

- ☐ **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: _____

C. Personal and Health

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

Number of circles checked (20 max) _____

☐

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: _____

D. Personal Services

These are services that make our lives easier.

Number of circles checked (20 max) _____☐ **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: _____

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.

Number of circles checked (20 max) _____

☐ **Skin Care Specialist/Spa**

Name: _____

Contact Info: _____

☐ **Personal Assistant (Virtual)**

Name: _____

Contact Info: _____

☐ **Healthy Food Delivery**

Name: _____

Contact Info: _____

☐ **Spiritual Advisor/Clergy**

Name: _____

Contact Info: _____

☐ **Jeweler**

Name: _____

Contact Info: _____

☐ **Image/Color Consultant**

Name: _____

Contact Info: _____

☐ **Communication Coach**

Name: _____

Contact Info: _____

- ☐ **Reiki Master**
Name: _____
Contact Info: _____
- ☐ **Irresistible Attraction Coach**
Name: _____
Contact Info: _____
- ☐ **Lifestyle Design Coach**
Name: _____
Contact Info: _____
- ☐ **Personal Assistant (Real)**
Name: _____
Contact Info: _____
- ☐ **Personal Trainer**
Name: _____
Contact Info: _____
- ☐ **Personal Coach**
Name: _____
Contact Info: _____
- ☐ **Manicurist/Pedicurist**
Name: _____
Contact Info: _____
- ☐ **Certified Rolfer**
Name: _____
Contact Info: _____
- ☐ **Personal Makeover Coach**
Name: _____
Contact Info: _____

☐ **Feng Shui Consultant**

Name: _____

Contact Info: _____

☐ **Alexander Technique Expert**

Name: _____

Contact Info: _____

☐ **Visual Artist Consultant**

Name: _____

Contact Info: _____

☐ **Psychic**

Name: _____

Contact Info: _____