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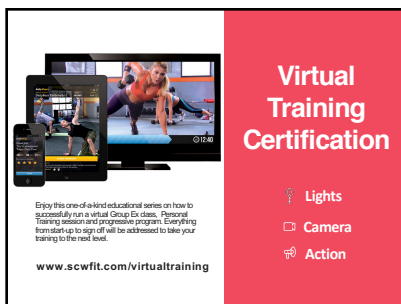
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THINK Yourself[®] A TECH PRO



**10 APPS & SHORTCUTS TO
SAVE TIME & MONEY**

The 10 APPS presented in **PART ONE**

TEXT REPLACEMENT

In your phone settings, you have the option to prepare in advance some words, names, email addresses, sentences, full paragraphs, information you type all the time, that get pasted automatically when you type the shortcut. i.e. If you type “omw” in an email or message, the sentence “On My Way” will appear.



PHONTO

This phone app allows you to create Memes, Quotes, with your own images or simple colored background. Easy to use and quick.



LIGHTROOM

This app allows you to edit images from your camera roll. My favourite option is the ability to import presets. I have purchased Monika Hibbs presets or you can buy presets on etsy.com. For example, if you need to make 5 different images look similar with same lighting, tone, etc for your website, no need to do a new photoshoot. You can simply apply the preset to all images and they will all have the same look.



DOCSCAN

This phone app allows you to scan a document easily, using your phone camera, you can name the file and export it as an image or a PDF file and send it via text or email. No more having to use a huge scanner or wait until we are back at the office.



TRIP CASE

This app allows you to store and keep all your travel information in one place. You simply forward your airline and hotel reservations to: trips@tripcase.com, then you can combine trips to merge air and hotel, along with other reservations (wine tours, Air BnB, etc.) They will be neatly organized and will update automatically with gate changes, flight time change, etc.



ZOOM

This platform allows you to meet clients, friends, do presentations, webinars, go live on social medias, etc. and has lots of functionalities to make your meetings engaging. My favourite options are the ability to use images or powerpoint slides as your background, use your phone number as the meeting ID so that you don't have to remember the link and touch up your appearance.



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BONJORO

You can send Personalized video messages and increase your email open rate. You can import excel spreadsheets with names and emails or sync with your shopping cart on your website so that they go directly in your “to-do” list for you to record a personalized message NAMING the person you are sending the video to.



SLIDESHOW

You can create slideshows right on your phone, using images or videoclips from your phone. Add captions, music, effects, etc. No need to hire a professional videographer to put together your next video reel or simple social media videos.



SCHEDULE ONCE

www.oncehub.com is an application that will sync with your calendar so your clients will see when you are available and book time for a meeting, appointment or a simple chat. Once you have approved, it goes right into your calendar and your client receives reminders.



SCREENFLOW

Record your screen, your voice and your camera individually, then use it for video editing to create online courses very inexpensively or video reels.



THE BASICS

ONLINE COURSE
with Nathalie Plamondon-Thomas

THE BASICS

Do you need help with online setup? Where to start? Learn the Basics of the online world. Propel your business with technology!

THE BASICS:

5 Tips on How to Set Yourself Up Online:

- Equipment, camera, microphone, lights
- Zoom
- Green Screen
- Vimeo
- Video Embedding

Value **\$97** on special for **\$48.50** for a limited time!

Go to: www.thinkyourself.com/online to register to the course.
Enter the code: TECHPRO50 at Checkout to get the discount

PART ONE



ONLINE COURSE
with Nathalie Plamondon-Thomas

PART ONE

Do you seem to be running out of time? You have so much to do and you can't seem to stay on top of the latest and greatest? Learn 10 quick tips to put technology to your advantage, save time, be more efficient, organized, work faster, smarter and brilliantly productive!

PART ONE:

Learn how to use the 10 Aps and shortcuts presented in Part One (mentioned above).

Value **\$197** on special for **\$98.50** for a limited time!

Go to: www.thinkyourself.com/online-programs to order
Enter the code: TECHPRO50 at Checkout to get the discount

End Negative Self-Talk and Live to Your Full Potential!

NATHALIE PLAMONDON-THOMAS

CONFIDENCE EXPERT
8 times International No.1 Bestselling Author



Nathalie P. is the EXPERT with a PROVEN SYSTEM to reprogram your brain and get you transformational results. She is the Founder and CEO of the THINK Yourself® ACADEMY, offering leading edge courses, trainings and events. She combines over 10 years of experience in human resources, 25 years of experience in sales and over 30 years in the fitness industry. In 2007, she was "Fitness Instructor of the Year" for Canada. She is a dynamic, engaging and professional speaker who gets you hooked with relatable stories and analogies.

Along the past 30 years, she has inspired over 100,000 audience members and empowered thousands of clients internationally. She is on the board of directors of CAPS, the Canadian Association of Professional Speakers. She is a Master of neuroscience. She uses specific brain reprogramming processes in her practice as a Master Life Coach and Executive Coach. She has helped thousands of people in Canada, Europe and the United States getting rid of their negative self-talk. She is a No.1 International Best-selling Author of fifteen books on success, wellness communication, and empowerment.

Also a philanthropist, she helps the homeless in her neighborhood and the third world countries where she works in educating and empowering orphan children in needs.

"You can take a horse to water, but you can't make him drink".
Somehow, Nathalie can.

THINK Yourself® ACADEMY

FIND CONFIDENCE & CLARITY

Recent statistics show that 85% of people suffer from lack of self-confidence in at least one area of their life. They endure ongoing and exhausting negative self-talk and waste valuable time and energy convincing themselves they are not up to the task or are not good enough. A lot of entrepreneurs are building their business "on the side" and have to stick with their full-time job to make ends meet. Have you ever caught yourself doubting that you will ever be successful ?

The world is uncertain and lots of entrepreneurs are scrambling to re-invent themselves. Learn the keys to transform negative self-talk into a serving force that will empower you to create a new "normal" for yourself. Find confidence and clarity within so you can make money living from your passion.

THINK Yourself® series

THINK Yourself® SUCCESSFUL
THINK Yourself® CLEAN from the Inside Out
THINK Yourself® HEALTHY
THINK Yourself® GRATEFUL
THINK Yourself® THIN
THINK Yourself® A RELATIONSHIPS PRO



Conferences and workshops:

THINK Yourself® A RELATIONSHIPS PRO
THINK Yourself® A BUSINESS PRO
THINK Yourself® SUCCESSFUL
THINK Yourself® CONFIDENT
THINK Yourself® A TECH PRO
THINK Yourself® WEALTHY
THINK Yourself® A COACH
THINK Yourself® HEALTHY
THINK Yourself® THIN

CONTACT NATHALIE P.

Book your FREE 15-min Virtual Coffee:
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www.thinkyourself.com
778.899.0260

YOU ARE AWESOME!

