



Be Better For Good

Course Modules Overview

INTERACTIONS



Be Aware of Spiders

- Spider Spotter
- Web Evader
- Hater Handler
- Tribe Upgrade

The Elements in Motion

- Elements Personality Assessor
- Conflict Resolver
- Active Listening Exercise
- Interpersonal Skills Tip Sheets

Swim with the Current

- Intuition Trustor
- Domestic Pain Pinpointer
- Making Coincidences Matter
- Coincidence Tracker

PERSONALIZED PLAN

Interpersonal Relationships Enhancement Plan

"Matt's personal touch with videos and easy-to-apply activities made this course special. I would recommend it to anyone."

★★★★★ - Annie L.

PURPOSE



Find Your Calling

- Purpose Pinpointer
- Intention Setter
- Self-Belief Assessor
- Future Identity Shifter
- Vision Board Doer

CAREER



Align Your Livelihood

- Jobseeker Empowerment Technique
- Informational Interview Game Plan

EXCLUSIVE SKILLS TIPS

- Perfecting Your Resume
- Writing Effective Cover Letters
- How to Gain Professional Experience
- Networking with Professionals
- How to Get and Keep Mentors
- Internship Mentoring Curriculum
- Successful Job Hunting
- Making Job Interviews Successful
- Questions to Ask Interviewers
- Sharpening Business Writing Skills
- The PCs of Telephone Skills

LASTING IMPACT

Created and presented by Matt Zinman, author of "Z-isms: Insights to Live By," the Life Upgrade programs feature innovative, interactive and insightful content with all-original concepts that are simple, practical, powerful and actionable to improve daily life.

Risk-Free Learning



Life Enrichment Infused with Personal Growth

Talent Development

- Work-Life Integration
- Communication Skills
- Collaboration & Teamwork
- Relationships & Interactions
- Critical Thinking/Self-Reliance
- Problem Solving/Prevention
- Conflict Resolution/Avoidance
- Productivity (time/energy)

Personal Skills

- Self-Discovery & Mindset
- Confidence & Resilience
- Emotional Intelligence/Empathy
- Mood Health & Well-Being
- Mindfulness & Presence
- Burnout Recovery
- Life Management

def. **Happierness®** (noun)

The premier mindset of Z-isms to be intentionally present and have a reflex of positivity by **choosing** to make the best of every situation.



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Matt Zinman is a difference-maker devoted to personally enriching the lives of at least 100 million people by 2025. He is a speaker, course creator and author of the highly acclaimed book, "Z-isms: Insights to Live By." He is also the host of Insights to Live By, a podcast that invites guests to share their own life lessons. Matt's second book is due out in 2023.