

“FEEL THE ENERGY”

Ideas for Celebrating ZB Awareness Week

February 21- 27, 2010

20 things you can do for ZBAW with one hand tied behind your back:

Attend a ZB Review Day in your area

Get a ZB

Donate the fee from one ZB to ZBHA

Compose and Practice your 1-minute ZB “commercial”/ elevator speech

Display the ZBAWE 2010 poster/flyer. It rocks (thank you Michael Oruch!)

Wear your favorite ZB t-shirt

Offer ZB brochures to those who visit your office. (ON SALE NOW)

Enroll and participate in the ZB Yahoo Study Group

Contact your chamber of commerce and offer to write a blurb about ZB for their newsletter

Donate ZB gift certificates to a local charity or fundraiser

Encourage a colleague to try a ZB session and/or attend a ZB class.

Become a mentor and encourage non-certified ZB friends to get certified

Make a public proclamation in your state for ZB Awareness Week. (Check your local state web site to find out how)

Offer discounts or provide package deals to encourage new clients to try ZB.

Print and display the 2 current articles about Zero Balancing in your waiting area. Find them in this e-kit!

Send out an e-mail blast to clients telling them about ZBAW, ZB, and your ZBAW promotions

Sign the bottom of your emails with a line promoting ZB

Put a ZB bumper sticker on your car

Link your personal website to zerobalancing.com

Become a fan of the ZB Facebook page

10 Things you can do for ZBAW that you'll need *both* hands and a little extra thought for:

Contribute your thoughts on the benefits of ZB to blogs/message boards

Create a video about ZB and post it to YouTube (see Jenny Chapin's!)

Get your clients to write **reviews** about your ZB practice on Yelp.com

Prepare yourself to **give a fantastic and informative ZB presentation**

Volunteer to do demos with ZB friends at a health fair, teacher appreciation day, nursing home, etc.

Future pace yourself by picking a day to **hold your own study day**

Have a **ZB Party** and Invite friends and/or clients. Give a presentation and demos. Maybe even have a raffle!

Invest in a **business membership** at your local public radio station

Invest in car magnets with the ZB logo and web address

Sponsor a ZB class in 2010

Join the **bioregional committee** in your bioregion

Commit time and resources to ZB in a way that fulfills you.

Future pace to ZB events.

Participate in your community!