



- ▶ Helping clients 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 clients 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.

**Instructions:**

1. Decide to get a full team within 1 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.



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Developed by the staff, trainers and participants of Coach U Inc.

**A. Biz & 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.

- 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: \_\_\_\_\_
- Enroller/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: \_\_\_\_\_

\_\_\_\_\_ Boxes checked (20 max)

**B. Money & Legal**

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

- 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: \_\_\_\_\_

\_\_\_\_\_ Boxes checked (20 max)



**C. Personal & Health**

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

- MD - Internist  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- MD - Opthamologist  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- MD - Cosmetic Surgeon  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- MD - Dermatologist  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- MD - Sports  
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: \_\_\_\_\_

\_\_\_\_\_ Boxes checked (20 max)

**D. Personal Services**

These are services that make our lives easier.

- 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 Maven  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Interior Designer/Decorator  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Handyman/woman  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_

\_\_\_\_\_ Boxes checked (20 max)



**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.

- Skin Care Specialist/Spa  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Personal Assistant (Real)  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Personal Assistant (Virtual)  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Personal Trainer  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Healthy Food Delivery  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Personal Coach  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Spiritual Advisor/Clergy  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Manicurist/Pedicurist  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Jeweler  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Certified Rolfer  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Image/Color Consultant  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Personal Makeover Coach  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Communication Coach  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Feng Shui Consultant  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Reiki Master  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Alexander Technique Expert  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Irresistible Attraction Coach  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Visual Artist Consultant  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Lifestyle Design Coach  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Psychic  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_

\_\_\_\_\_ Boxes checked (20 max)

