

Joy Empowered Life

Cut Stress and Grow Relationships
Report





Dear Friend,

Have you ever said, ***“If only I could cut out the stress in life and have better relationships”***? then this might be the most important report you read all year. Here’s why...

HAVE YOU EVER SAID ANY OF THESE THINGS?

- ☑ I don’t know how to stop letting relationships and stress confuse my goals...
- ☑ I don’t know where to find a cheat sheet on dealing with people...
- ☑ I don’t want to get stressed out at work or with my family anymore...

IMAGINE YOU COULD JUST SNAP YOUR FINGERS...

Imagine you could just snap your fingers and experience less stress and positive, fulfilling relationships at every level of your life.

WHY SHOULD YOU LISTEN TO ME?

I was not born with the gift of building relationships, and I had really struggled with the stresses related to connecting both personally and professionally for many years. At a point I just unplugged from the idea of building relationships at all. But then something happened - after a vital encounter that changed my life, I suddenly experience relationships in a whole new way! As if a chain of events were unleashed, I ended up on a path that trained and certified me in a specialize colors methodology explaining the human temperament. When combined with my background in business analysis, those relationships became positive and productive assets in my life that bring me so much joy and satisfaction. I'm now sharing the secrets that turned my experience and business expertise into a formula for helping others transform their personal and professional relationships into life-giving opportunities.

“I wholehearted recommend Jessie Perez to anyone thinking of improving their relationships both professionally and personally in powerful ways. Everybody needs this.” – Hillary Smith, Charlotte, NC

WHAT YOU’RE GOING TO DISCOVER...

In this report you are going to discover:

1. How to understand others who aren’t like you
2. How to address your stress in lasting ways
3. How to identify personal obstacles

Each of these are equally important to know to make the correct decisions about your actions and responses so that you can cut out stress and have better relationships.

We are going to cover each of these points in order.

HOW TO UNDERSTAND OTHERS WHO AREN'T LIKE YOU

This is important because we deal with people every day in all sorts of capacities – our friends, spouses, kids, siblings, parents, teachers, colleagues, service providers, even ourselves if we're honest! Every interaction we have is only partially in our control, which can make dealing with other people very challenging at times, especially when they don't think anything like we do. But what if you had the inside scoop? What if you could understand them in almost crazy-amazing ways to take a little more control of those engagements... What if your reactions could be skillfully applied to lead those relationships away from challenges and into joyful and satisfying experiences?

Just last week I helped Stacy with her 4 year old daughter. Stacy is a fulltime mom and takes care of the household. Her daughter was coming home from school with her coloring projects. Each of the projects was a single color and the coloring spanned across the entire image, totally missing the lines. Stacy was concerned and it was actually causing her a good deal of stress. For a four year old, why wasn't she using different colors and trying to stay inside the lines? Stacy began to wonder if there was a problem. She had asked her daughter if she didn't really like coloring, thinking it just wasn't her thing. But the young girl, to her surprise, grinned with excitement, "no, Mommy, I really like coloring". Over previous conversations I had already learned that her daughter is very Gold. Stacy messaged me pictures of her daughter's coloring projects. After looking at them, it all made sense. As a Gold, her daughter was focused on the whole effort as a single task that needed to be completed – Gold's have a deep need to complete tasks. So after helping Stacy understand the need her daughter was feeling, I was able to share with her some techniques to approach coloring from a concept of individual parts, each one being a small task. Stacy was so delighted by the results she got, I could hear the excitement and lightness in her voice as she shared. Her daughter had been stressed by the pressure to "finish", but was now coming home with pictures colored inside the lines using several colors for the different sections. Stacy was even able to comfort her when she left school with a picture partially cut out and was feeling the anxiety of not finishing. Stacy used the same techniques she had learned previous with the same great results. Stacy is able to now recognize this need throughout other areas of her daughter's life and knows how to help fill that need and alleviate both of their stress.

"I am so pleased with results from the understanding and process Jessie has taken me through in how I parent my kids, in my relationships and even in myself, that I have referred many neighbors and friends as a result. I talk about it all the time. Thank you very much Jessie!" – Stacy, Virginia Beach VA

Okay, now you have the first step: Learning to understand others with regard to their temperament color. So let's move to...

HOW TO ADDRESS YOUR STRESS IN LASTING WAYS

This is important because we often think of our stressors as independent events. You may get stressed for example when someone leaves their shoes in the middle of the room, and working to combat this issue is okay, but it doesn't deal with the root and you could be fighting a thousand little battles. The more battles you face, the heavier they feel until you just want to explode. This is kind of like someone who goes to a doctor, but gets tired out fighting all the little symptoms instead of dealing with the problem.

Recently I met with an overworked woman who just about threw away her whole career and devastated her family because of built up stress that she didn't deal with because of her drive to please others. As a Blue-Orange she had a passion to be helpful and loved to embrace her flare, so she got into event planning. At first this was great, but then she got a really big contract – that's great, right?! It was for a while, but the more pressure she felt to keep that one client happy, the less time she had for other clients, or for her family. Her husband started to put pressure on her to be home more, and then the events themselves seemed to become stressfully routine – the same activities, venues and needs every single event! For an Orange who needs change this becomes stifling as if she was being backed into a corner and all her air was being drained. As the stress built she noticed herself lashing out at her kids and husband, which was really out of character for her. She finally hit a wall, had a complete emotional breakdown and almost walked away from event planning forever in an instant.

What started off as a small problem became an absolute nightmare because she didn't deal with it sooner.

To keep this from happening to you, you want to take action NOW! At the end of this report I have a special bonus for you that will help you do just that.

"Jessie Perez was very supportive with me/us through the whole process and answered questions as I had them. Even adding a couples session so my husband could relate to the process." - Cheryl, Tampa FL



Now let's move on to:

HOW TO IDENTIFY PERSONAL OBSTACLES

This is important for you to know because an unqualified Coach can leave you *more confused and strained, struggling in relationships for the rest of your life instead of enjoying the joy that comes from living life that meets your unique needs and the fulfillment of positive relationships.*

I spoke with a Cultural Dance business owner in Nashville who experienced issues with her dance instructors stealing her students. As we began talking about it, she opened up that she had a hard time delegating. The first time it happened she had to rebuild from scratch. This was stressful in so many ways. She wanted to protect herself and all that she'd worked to build, so...

She hired a coach. At first the coach had her explain the issues, but it seemed like each session was really generic, as if the questions she asked were going to lead to some spontaneous answer. The coach gave some advice about handling a particular situation. She tried to apply the direction, but while she was out of town during a short period, she delegated to the new instructor and when she came back she found out he had met with all the parents and put in his immediate resignation. He then followed it with a threat indicating he was taking all the students with him. It felt like the rug was pulled right out from under her and things were getting worse rather than better. All she got was several hours full of generic information, misguidance and theory, which resulted in an empty business and a broken dream.

So when you sit down with a Coach, make sure that they substantiate their claims with testimonials and proof that they are who they claim to be so that you avoid finding yourself in a similar situation.

"I'm a bit skeptical about this kind of thing and always do my due diligence. I ended up going with Jessie because of her track record of success and huge list of happy clients." - Mora, Nashville TN

So now you know the three key things you need in order to have a successful experience cutting out stress and having productive relationships so that you can experience a guaranteed, affordable and dependable coaching experience, money still in the bank, the work performed by a highly qualified Coach, the process being a breeze, and rest easy knowing your wellbeing is safe and protected.

SO WHAT DO YOU DO NEXT?

If you're looking for the best way to know *how to cut stress and keep it gone while experiencing better relationships*, I want to personally help you get the results you desire so I've put together a very special no cost, limited time offer just for you.

"\$397.00 Ultimate Cut Stress and Grow Relationships 1-on-1 Coaching Session... For Free!"

I have set aside time to personally meet with you and lay out a customized plan so you can have clarity in your approach that will protect you from cycling through endless patterns of stress and bad relationships even if you've never had positive relationships in the past or are chronically stressed.

During our time together you will receive:

- **Self-clarity**
- **Confidence**
- **Freedom from Cycles of Stress**
- **Path for Overcoming your Obstacles**
- **Life and Legacy of Joy**
- **Ability to Understand Others**
- **Keys to Achieving your Goals**
- **Eliminating Blind Spots in Your Life**
- **Personal Aptitude Inventory**
- **How to Minimize Misunderstandings and Misinterpretations**
- **Plus Much, Much More!**



This will give you the ability to combat stress at the root while overcoming challenges in relationships and provide you with peace of mind knowing you are safe from catalyst breakdowns or meltdown explosions that could affect your family or career.

I will give you priceless information about how you can cut out your stress without costly and potentially addicting medicinal intervention and save you from the long term health-related risks of stress like high blood pressure, heart attacks and eating disorders.

Most importantly you will receive the knowledge of what a personal assessment action plan looks like, so you do not become a victim of an unethical coach like countless women each year.

I'm so confident that you'll find the ***"Ultimate Cut Stress and Grow Relationships 1-on-1 Coaching Session"*** valuable that I'm going to give you a...

100% Risk Free Guarantee

Although your coaching session is free, I know your time is valuable. I also understand you might be wondering if my offer is as valuable as I say it is so I am putting my money where my mouth is. If after our time together, you don't feel it was worth your time, just tell me and I will give you a \$50 Visa gift card.

Remember earlier in this report when I asked you to imagine if you could snap your fingers and experience guaranteed less stress and positive, fulfilling relationships at every level of your life

I can help you make that happen. The first step is to click [here](#) and schedule a time for us to meet for your "Ultimate Cut Stress and Grow Relationships 1-on-1 Coaching Session." And we will get you all set up.

Or you can also claim your free coaching session at <http://www.joyempoweredlife.com/coaching>

Sincerely,

Jessie Lee Perez

Stress-reduction and Relationships Expert

Joy Empowered Life

P.S. I understand if you're a bit skeptical. Many of my happy clients felt the same way before they met with me but here is what they found:



"It was a great experience working with Jessie Perez! I learned so much more about myself in ways I never expected. It helped me to better understand certain "quirks" of my employees too, as well as what may cause and trigger certain behaviors. Jessie did an excellent job taking me through each of the colors and got results. As a leader, I recommend Jessie's approach to anyone, and particularly leaders looking to maximize their organizations, understand conflict resolution better, and optimize communication with others, including how to work with directly opposing personalities!" – Chinyere Ukoh, Washington DC

*"The way Jessie walked with me through my internal way of thinking and processing with such accuracy was transformational! It changed my approach to all my relationships. I don't get stressed out by little things anymore, and I even share her book with my employees at the store I manage to improve our team relationships. This was a game changer. So glad to work with Jessie!"
– Dale Jones, Virginia Beach VA*

"Jessie Perez gets my highest recommendations as a coach and a mentor. She really takes the time to understand me and my needs. The way she explains how my colors affect how I approach things seems so easy. Her approach is really unique but I can apply it and see how it impacts my relationships and outcomes!" – Erica Aldridge, Nashville TN