

DR. DAN LAVANGA

About Dr. Lavanga



©Dr. Dan Lavanga

Dr. Dan Lavanga has been a Chiropractic Physician operating a successful holistic health center since 1987. He is also an author, speaker, executive coach and president of the Lavanga Group. The Lavanga Group is a corporate consultancy specializing in personal and professional leadership and management, executive, health, and life coaching, sales and people process development.

Dr. Lavanga's specialty is informing and entertaining while sharing no non-sense truths on reaching our maximum potential in business and life. Using a series of powerful tools, programs, and life's lessons, he guides individuals and teams in learning the skills they require to accomplish their mission. Among them are: profiting from adversity; stress, time and money management; value systems, loyalty, inspiration, & productivity in the workplace; organizational alignment; and moving beyond the Peter Principle.

His book, *The Law of Sevens*, has been singled out as a fitness program for the mind. This compelling work in the area of self-mastery has been labeled as a concise compendium and organized journey to personal and professional management. A poised and gifted speaker and presenter, he's been often quoted as a source for newspapers, radio and television journalists. He has interviewed on more than 100 radio stations throughout the United States.

The Lavanga Group operates a life and health coach training program for physicians and others desirous of a coaching career, as well as a Personal Development Fitness[©] certification program for fitness instructors. Their recent video production Personal Development Yoga[©] is being released nationwide as a unique mind and body fitness program and has been called a powerful tool for integrating your vision, mission, and goals with an energizing exercise program.

Dr. Lavanga has authored several training manuals and courses, and has conducted numerous stress management and work/life balance programs for corporations, entrepreneurs, police, fire, and rescue workers, the Red Cross and Red Cross Women's Shelters. He is a licensed facilitator of the Demartini Method[®] and student of the Demartini Institute, a worldwide private research, and educational institution dedicated to exploring the frontier of human awareness and potential, and personal and professional development.

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About Dr. Lavanga

WHAT MAKES DR. DAN LAVANGA SPECIAL?

Dr. Dan Lavanga began his career as a chiropractor more than 22 years ago and since 1997 has expanded his expertise by becoming an author, speaker and executive coach. He is currently head of The Lavanga Group, a corporate consultancy specializing in personal and professional leadership and management, team building and coaching.

He is a gifted and talented presenter with a specialty of informing and entertaining while sharing no nonsense truths on reaching one's maximum potential in business and other aspects of living. Using a unique combination of powerful tools and life's lessons, he professionally guides individuals and teams in learning the skills they require to accomplish their mission. His programs embrace a total mind, body, and spirit experience.

His book, *The Law Of Sevens* has been singled out as a fitness program for the mind. This compelling and provocative work in the area of self-mastery has been touted as a compendium and organized journey to personal and professional development and management. A poised and powerful speaker, Dr. Lavanga has often been quoted as a source for newspaper, magazine, radio and television journalists.

Dr. Lavanga has been a much sought after resource for corporations, businesses, professional and trade associations, colleges and universities, government agencies and non-profit organizations.

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Speaking Topics

TOPICS FOR INSPIRATIONAL SPEECHES, PROGRAMS AND WORKSHOPS

Maximizing Personal Productivity: The Road From Good To Great

This newly created specialized approach has been developed from more than 25 years of studying the laws governing peak performance in relation to personal, professional and organizational alignment. It has been meticulously tailored to help individuals maximize their productivity while maintaining and sustaining their work/life balance.

Forever Young

A provocative and inspiring program that tackles the seven mysteries behind developing and maintaining a timeless mind and ageless body and spirit in the management of stress with a proven and successful path to keeping the mind and body in a continuous youthful mode.

PDYoga: A Body-Mind Fitness Program

Personal Development Yoga was created as the ultimate exercise, time and stress management tool for busy, productive and goal oriented people. This unique and powerful program delivers a cutting edge methodology that integrates goals, vision and mission with the power of Yoga, meditation, deep breathing and the principles of the Seven Words Of Power. The result is a laser beam focus on physical, mental, spiritual health and well being, as well as putting the unconscious mind on autopilot to achieve ones goals and dreams in life.

The Transformation

This is a special program that delivers a time-tested and proven teaching tool and strategy for balancing one's emotions with the demands of life. It engages the mind, body and spirit in its overall approach to achieve a genuine balance aligning work and one's personal life. The principle tools employed in this program are the Demartini Method® and the Demartini Value Determination Process™ .

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Speaking Topics

Executive Life And Health Coaching

Enjoy an invigorating and empowering program, which focuses directly on seven areas of coaching. This entertaining and informational session has been designed for individual goal setting and life planning, while creating a clear and proven method for success in all of life's endeavors.

Creating And Keeping A Loving Relationship

An informative and entertaining program which delves deeply into individual relationships and offers seven notable guidelines to keeping a loving and meaningful relationship throughout life.

Using The Law Of Attraction (The Secret) In Daily Living

A fantastic, provocative, and highly motivating program centered on the Law of Attraction and the secret of how to plan and implement it in our daily lives.

Team Building

A wonderful and powerful program filled with cutting edge and age old approaches to aligning team values with team goals and objectives, corporate goals while promoting team loyalty, inspiration and productivity.

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Clients

CLIENTS AND PRESENTATIONS

Philadelphia Airline Marketing Managers	Bryn/Mawr Hospital
Greater Philadelphia Senior Executives Group	Holy Family College
Northeast Burlington Automotive Group	Bucks County Community College
CarStar Collision Centers	Lower Southampton Township
Model Insurance Agency	Feasterville Fire Company
Meridian Bank	Red Cross
Bucks County Chiropractic Association	Rotary
Pennsylvania Chiropractic Association	Lions
National Auto Dealers Association Training Center	Mind Body Spirit Convention
New Jersey Radiology Association	Northeast Auto Transport
Pennsylvania Radiology Association	Car Connection
Pennsylvania Hospital	Colonial Volkswagen/Subaru

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Testimonials

“Dr. Dan’s System has helped me to define and focused upon my purpose and vision as well as balance my perceptions of challenges or obstacles.”

*Dr. Leah,
Silverdale, PA*

The Lavanga Group programs focus on alignment and the principles that maintain order and growth within individuals and organizations.”

*Frank Casile,
Las Vegas, NV*

“I found *The Law of Sevens* to be a concise compendium and a highly organized journey through the *Laws of Personal and Professional Success*

Dr. Lawrence T. Markson, The Master’s Circle, New York

“Finally, someone has really been able to point you towards your own answers! Dr. Lavanga teaches you how to organize and manage your thoughts and actions to create a greater sense of living. In his program you will be challenged fully. Accept the challenge and a balanced and inspired life will be yours!”

*Joe Cantando President/CEO,
Integrity at Work, Inc. Tucson, AZ*

“Dr. Dan’s program will help you understand that it’s not life’s events, but our attitude toward them, that turns them into an opportunity or negative experience. This program raises your level of consciousness and certainty.”

*Dr. Joseph Maio
Natural Health Chiropractic Southampton, PA*

“Dr. Lavanga’s system is an excellent starting point for those beginning the challenge toward self mastery. And for those already on that path, it can be the next step.”

*Barry Kassel, Esquire,
Philadelphia, PA*

“Dr. Lavanga has organized the most profound principles of wisdom so that all who experience it can transform, transcend, and evolve. This book proves that all is connected and that there is no limit to what we can be, have, and do.”

*Lawrence A. Newman, D.C., Esq.
Coral Springs, Florida*

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Testimonials

Corporate Consulting and Training

“It took just three weeks to assess, outfit, and begin presenting and filming the training classes. For the first time in my 14 years of management, we not only trained exactly what my management team decided should be trained, but myself and members of the team are able to produce in-house training for our training library.”

*Gus Staino, VP,
Northeast Burlington Automotive Group
Burlington, NJ*

Development of Best Practice and Procedures Manuals

“It took some time and effort but since we worked with Dr. Dan to develop our manuals they have become the bible for our store, when a new team member comes on board or whenever numbers are slipping, we just go back to the manuals and literally everyone is back on the same page! It has made a tremendous difference in the way I manage my business.”

*Andy Shull, GSM
Northeast Car Connection
Philadelphia, PA*

Formation of an Efficient and Effective Management Group

“Building synergy in a multi-entity organization starts with creating an effective management group. The Lavanga Group’s program helped fulfill my vision of having the management group at Northeast Burlington Automotive become the invisible force behind every sale and service interaction of our employees at every location.”

*Wayne Hileman.
Owner Northeast Burlington Automotive Group
Burlington. NJ*

Organizational Change Dynamics and Strategies

“The Lavanga Group helped us with managing the people issues that arise is the most important factor when organizations willingly or are market driven to make strategic change.”

*Randy Lebowitz,
Owner Northeast Automotive Transportation Philadelphia, PA*

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Testimonials

Successful Team Building

“To build effective teams begins with integrating and aligning the values of the members with the vision, mission, and strategic plan of the organization.”

*Marcus DeAngelis
GM
Burlington Kia*

Train the Trainer Program

This is another area where The Lavanga Group shines! We are trainers at heart! “Training is an art form and trainers are a breed apart. To know the heart of the trainer is to know how great companies were forged.”

*Joe Cantando,
Training specialist,
The Lavanga Group*

Employee -Employer Alignment

“The ability to succeed long term as a business is directly related to how many of the leaders and employees align their personal and professional vision with the organizational vision.”

*Dr. Dan Lavanga
Principle
The Lavanga Group*

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Articles

E. I. E. I. O.

LIFE ON THE LEADERSHIP DEVELOPMENT FARM

By: Dr. Dan Lavanga

Life on the farm has always been a powerful metaphor for growing a person or an organization with all the natural laws taking place there in plain view. There are a myriad of examples of how harmonizing with the powerful forces of nature is not only advantageous but an absolute necessity for any long-term success.

Whether you are on the consulting side, in sales, a leadership position, or simply seeking additional ways to improve your effectiveness, the following five facets should be a part of what you seek to obtain and hope to deliver. We build all our programs at the Lavanga Group with the E.I.E.I.O. rule in mind.

Education:

Learning begins in the brain as a network of neurons firing in a specific pattern. The more the firing is repeated and the stronger the stimulation, the shorter the learning curve. The learning curve is also accelerated when the knowledge to be conveyed is communicated through the value system of those whom you intend to influence. It is practically impossible and goes against human nature to resist something that is targeted towards someone's highest values.

Information:

Organizing and communicating data in a form you or your audience will readily and willingly seek to com-

prehend is the best method of communication. A key is to create a pattern or at least the perception of a pattern of sequentially organized and meaningful information in your message.

Entertainment:

The prefix "enter" is relevant here as you create an event or performance containing visual, auditory, and kinesthetic aspects to entertain and engage your audience opening their eyes, ears, minds, and then their hearts.

Inspiration:

Breathing life into and inspiring a person both figuratively and literally is the ultimate goal. Uncovering a hidden dream or an idea that connects someone to their divine origin creates the enthusiasm in the physical body that catapults people to incredible performance levels.

Over Delivering Value:

When you are completely committed to the four facets above the value becomes inherent. The one additional step to excel beyond your competition is for you to link your success to the success of those in your charge, your clients, or customers. This is the greatest guarantee that you will over deliver on value. Basically, set yourself up to have no choice!

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Articles

YOU ARE THE C.E.O.

By: Dr. Dan Lavanga

You have all heard of the difference between working “IN” the business versus working “ON” the business. The professional must develop the skill of doing both and often simultaneously. The necessity of doing both for the individual, the business owner, or the employee who takes ownership of his or her position is paramount and here is why.

Consider that each of you is the CEO of your own business, the business of being you. Now aside from a momentary escape from reality, an out of body experience, or a trip to the Looney bin, it is very difficult to get outside of the business of being you. Most people are so busy and involved “IN” their lives just trying to be themselves, get where they are trying to go, or staying above water, that the concept of working “ON” their lives sounds impossible. The seven sevens for working “IN” and “ON” your Business:

The Seven Areas –

Include all aspects of living, spiritual, mental, vocational, financial, family, social, and physical life into your plans. Any area you do not master, someone else will become the master over you.

The Seven Levels –

You must be aware of the level of consciousness in which you operate. The words you use will give you an indication of where you are. If you find yourself saying you have to, got to, should of or could of, versus you chose to, desire to, or love to then you are operating closer to the survive than the thrive level of consciousness.

The Seven Skills -

Work from a blueprint, life, or business plan. Create or find a

mastermind group, network, or coach. Implement your plans with organized action. Reevaluate your progress regularly and integrate your plan of action and your highest values into your daily activities.

The Seven Steps –

Your goals rise out of your mission and are stepping-stones on the way to completing your plan. Use models and mentors to save you from reinventing the wheel. Your effectiveness and vitality are directly related to the vividness of your vision and your level of gratitude and appreciation.

The Seven Secrets –

The world is an ever changing dynamic, the secret is to be dynamic yourself by expanding your intellect and consciousness, breaking things down, training your brain to see things from both sides of issues, being inspired, inspiring others, collaboration, and opening your heart.

The Seven Fears –

Fear can fuel you or fool you. Look at the benefits of fears; understand that fears are part of who you are. Get comfortable with fear, use the energy of fear, you can’t run away from fear, in fact, what you fear you draw near.

The Seven Words of Power –

Wisdom, gratitude, presence, certainty, inspiration, enthusiasm, and unconditional love, I challenge you to find a consistently high performing person or organization that does not possess and live by the words of power.

Be the CEO of the Business that is you and all else will follow!

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Articles

BEYOND THE PETER PRINCIPLE MANAGING EMOTIONS FROM A LARGER DYNAMIC

By: Dr. Daniel F. Lavanga

An important part of business and life is managing and solving problems. How about if in this article I solve half of your problems for you? Sound too good to be true? Wondering how much it is going to cost? Well, I would love to charge for this sage bit of wisdom, but, if you read on, you will surely become acquainted with the biggest obstacle that you face... YOU!

The entire human condition, both the beauty and the beast in man, can be traced at its core to human emotions. About half of the issues you will face are your own emotional creation. Wait you say, I am a consummate professional, mature, savvy about business, and measured in my approach to situations. That may be so, but you will learn that even the most proficient professionals can avoid falling into a pit and step up to the next level with this information.

It is obvious that the failure to manage emotions in your professional and personal life increases the probability of failure. However, when it comes to emotions, knowing the way is not going the way! In fact, it is usually my clients with the highest level of intelligence that are most resistant to applying this wisdom.

What is the secret to getting out of our own way? Drum roll please!!! The secret is called equilibrium- equilibration, or synchronicity. Biblically it has been expressed

as the will of God being equilibrium, every mountain is leveled, and every valley is filled. So how does this principle work, what does it all mean? To read on from here you must be forewarned that your entire world is about to be turned upside down and inside out!

First let's assume you have it all together, know your purpose, have created a detailed mission statement to embody your vision, and furthermore have devised a strategy to accomplish your goals. Next, understand what compels you to action, takes you off on a tangent or pushes you into the overwhelmed mode. Furthermore, why do you want what you say you want? There are lots of questions here without providing the much-sought out answers! Be patient. The journey of a thousand miles starts with the first step, or as they say in the automobile business, the first car payment.

Throughout our lives we have judged people and events as good or bad, positive or negative according to our personal value system. The more something affects us emotionally, upsets us, excites us, or pushes a button, the bigger the subconscious impression it makes. These emotional charges become imprinted into our minds as memories and imaginations, sometimes floating around and filling our heads with what is called brain noise. With that in mind, future decisions we make regarding similar people or events will be affected and more often

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jaded by these past events, perceptions and memories.

Have you ever experienced a terrible person or event and as time went on you discovered that something just the opposite, something truly terrific has taken place because of that person or event? That is no accident! In fact, through science we now have discovered that every person or event is full quantum, meaning that both poles, positive and negative are present eternally and instantaneously in every person, event or situation. There is simply a time lag in our overall perception.

This means that every time you judge or have judged a person or event as good or bad, you were only half right. Both sides are present; yet, we act as if one is not. We allow it to make a deep impression on us, upset us, or excite us, fill our mind with brain noise, sometimes fantasies and illusions. This changes forever the way we gather data, analyze it, synthesize it and make decisions. It's the false and inaccurate perceptions we provide to ourselves.

Imagine if you dare to think about the implications! Imagine the missed opportunities due to preconceived notions and past remembrances. Imagine the loneliness of lost love and pain of lost finances due to lopsided or half thinking. Imagine how we pass these illusions on to the people we love the most! Some of you have quit already, some are saying, nonsense, yet most are brave enough and smart enough to read further.

Imagine if you saw instantly, that the people and events that challenge you the most and tick you off are the

very ones that give you the greatest lessons and move you the furthest forward. Would you try to avoid them in the future? Would you fear "negative" events or people? Would you appreciate their existence in your life and literally thank god for bringing them there? Trust me that would be a liberating revelation! Would you monitor your emotional excitement or infatuation for a person, business opportunity, or event if you instantly saw the potential downsides? Could any of these save you time, energy, and money? Could they save your relationship with your spouse, children, employees, or business associates? Could clear full quantum thinking prevent wars?

Finally, genius has been called the instantaneous recognition that a crisis is a blessing and vice versa. Seeing full quantum or equilibrium keeps rash lopsided judgments, brain noise, and overwhelmed to a minimum. This in turn liberates at least half of the issues that cloud an individual's mind and shades their judgment. In some cases I have seen 90% of a person's issues gone in minutes of completing the exercise to dissolve lopsided emotional judgments. They begin to see events with balanced, clear thinking, and without self-imposed obstacles. If this information has piqued your interest, send me an email for more information about the tool that could help you make it a personal reality.

Start today to question your judgments of people and events and see if can find the other side!

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Articles

PROFITING FROM ADVERSITY

By: Dr. Daniel F. Lavanga

Ladies and gentlemen, we are months into a down turn in the economy and with more of the same coming, I say, it is time to turn the tables, and time to profit from this adversity. It is precisely these times that push us to define who we are, how we will respond, and what are we going to do to make the difference.

Those of us interested in true personal development invite the trial by fire that times like these present to us. It is time to look for opportunity where others see fear and failure.

The word profit is defined in terms of financial profit when it refers to the bottom line and psychological profit when it refers to the progress gained through knowledge that moves us forward based upon the lessons learned.

Here are seven steps to profiting from adversity;

- 1. Patience** - Not Panic is key. Get back to basics, refine your plan, and put your strategy to work.
- 2. Acceptance** - of your current position and being specific in where you want to go.
- 3. Gratitude** - Now is the time to count your blessings and put things into overall perspective.
- 4. Overcome Fear** - and the paralysis it brings by working your plan and taking action, action, and more action.
- 5. Be, Do, & Have** - Be the person you see yourself as being right now. Do the things you would do if the above were true today and you will increase the probability for you to have the things you see your self as having.
- 6. Find a Hero** - No matter the circumstance someone has overcome it, be it Jesus himself. Find someone and focus on their and your ability to overcome adversity.
- 7. Find Opportunity** - There is nothing more inspiring and energizing as seeking and finding opportunity. It is the fuel that powers the planet.

Use these 7 Steps to Profit from Adversity!

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Articles

TAKE YOUR TEAM TO THE NEXT LEVEL

By: Dr. Daniel F. Lavanga

Often the best way to continually develop oneself professionally is to take others to the next level. This calls forth all the resources and skills forgotten or discarded by the one doing the teaching, YOU! It has been said that you cannot sell what you do not own and you cannot demand of others what you are unwilling to do yourself.

This process causes you to get your ducks in line and break some of your own bad habits. It forces you to confront your own discipline, routine, motivations, and inspirations to do what it is you do every day.

There is an old story of the mother who brought her children to Gandhi so he could tell them to stop eating sugar. Gandhi told the mother to take the children away and return in 3 days. Upon their return, Gandhi pronounced to the children that they should no longer eat sugar. Soon after they had gone an aid to Gandhi asked the master why he sent the family away for the 3 days. To this the great Gandhi replied, "Until 3 days ago, I was still eating sugar."

We as leaders can all take a lesson from Gandhi as we follow these 7 guidelines for taking your team to the next level;

1. Assess - to support, develop, and evaluate performance through a process of inquiry that encourages understanding and helps them articulate the rationale of their own activities.

2. Manage Expectations - to assist an individual or group of individuals to clarify and address immediate concerns by describing or designing the position, project, goals, and outcomes.

3. Problem Solve - to solve practical dilemmas related to intervention or instruction through participation with other professionals in systematically examining practices.

4. Brainstorm - to improve professional practice by engaging in shared inquiry and learning with people who have a common goal.

5. Coach - to enhance a person's competencies in a specific skill area by providing a process of observation, reflection, and action.

6. Mentor - to promote an individual's awareness and refinement of his or her own professional development by providing and recommending structured opportunities for reflection and observation.

7. Train - to assist individuals and their organization to improve by offering resources and information, supporting networking and change efforts.

Use these guidelines to take Your Team and Yourself to the next level!

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Articles

SEEING BOTH SIDES OF A CRISIS: PART 1

(This issue is devoted to making the very best of the current financial climate)

By: Dr. Daniel F. Lavanga

The daily reminder that the entire world's markets are in turmoil is having a two- fold effect on people and their day to day lives. Some are already hunkering down in fear of "the worst economic crisis since the great depression", as one politician is depicting it. While others are taking a bigger picture and longer term view and seeing this as a predictable and cyclical downturn bringing with it many inherent opportunities.

As Dr. John Demartini has written, "the deflation of the global markets and the decline in spending is impacting most people regardless of their economic status. People are going to bed each night wondering if their job is secure and how much longer they can afford their mortgage. Business owners are worried about the next pay day and workers are wondering how to add more value to avoid a layoff."

I agree that the world is not ending despite the apparent turmoil. However, for some it may seem that their career and financial world is tumbling down upon them. As a physician and coach, I have felt the pain of people in crises. I have also watched thousands rise up from dire crises in health, finances, and life in general. So it is unwise to panic and become overly anxious and burden ourselves even further with unhealthy stress and aging! We make much wiser decisions when we stop and center ourselves before we emotionally react.

Whether the markets or currencies are going up or down, when we begin to wisely manage our emotions, we are more able to adapt and transform great challenges into even greater opportunities. As Warren Buffet has taught, until we can manage our emotions we can't expect to manage our lives or our monies.

Everything evolves from a principle or foundation and every event has two sides. There is nowhere in the Universe where science can find a loss without a gain or destruction without construction however, our emotions, stress, and pain may blind us to the other side.

Again Demartini reminds us that history has taught us that out of the ashes rise great opportunities and that any challenge can be transformed when we know how to ask a new set of questions and shift our perceptions and then actions. For example, difficult financial times can make us place a higher value on saving money, thereby increasing the chances of wisely accumulating future wealth. Losing a job may be the catalyst for creative entrepreneurialism.

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Articles

SEEING BOTH SIDES OF A CRISIS: PART 2

(This issue is devoted to making the very best of the current financial climate)

By: Dr. Daniel F. Lavanga

Here are seven examples of real challenges clients, their organization's, families, and associates are facing with the opposite blessings and potential for growth.

1. Hard financial times: You must streamline your purchases to things you truly value, changing your financial management and increasing your portion of future savings. Ultimately, this is the key to long-term financial success. Outside challenges often unite families to figure solutions towards a common goal. It can prevent your children from taking things for granted and initiate them into the realities of providing others great quality service and mastering fair exchange.

2. Losing a job: Losing your job could open the pathway into a new job you really love and it can be the catalyst for going after a long sought dream. You may find yourself generating new ideas which awaken your entrepreneurialism. Being free from the perceived 'security' of your previous job may assist you in discovering the courage to start up your own company.

3. Losing a home: This could assist you to realign your expenditure to your income by renting at a level you can afford. Not having a house can actually bring you relief as you are released from your indebtedness to the bank and ongoing costly home maintenance and taxes. Possibly your children get to learn about the realities of life and discover that no matter the outer challenge, the family survives which assists them in the future when they face their own life's challenges. Instead of saying "why me," begin saying "try me."

4. Not being able to afford previous lifestyle: Friends and families become innovative and spend more quality time with each other. Imagine what benefits there are to having family members learning to more deeply appreciate what they still do have.

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5. No money for a holiday this Christmas: It forces us to take a less expensive local holiday which boosts the local economy or it forces us to stay home and get our homes into order which brings a peace of mind all of its own. Remember, peace of mind is in fact the definition of a true holiday. We also get to link up and deepen relationships with friends who find themselves in the same situation. If we help others give and receive what they would love we tend to give and receive what we would love.

6. Restructuring: In good times, companies tend to become over-fed and overlook the decline of inefficiencies. Recessionary times force companies to become lean, fine tune their marketing campaigns, streamline all areas of ineffectiveness and create a well oiled machine that prospers when the tide turns.

7. Employer guilt over downsizing: You may be setting someone free to fulfill their dream. By streamlining the company you give job security to those who remain behind and by doing so you have the most efficient team to help you ride the turning tide when the market increases thereby making it possible to hire more people down the line. You may help former employees become more prosperous in the long run since they can now become even more daring and begin their own companies.

Challenging financial times calm our unrealistic fantasies about life, our need for instant gratification, forcing us to be introspective about what we really truly want, teaching us not to live beyond our means, and bringing us back into balance.

When we transform our crises into opportunities we inspire others to do the same!

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Articles

LEADERSHIP

By: Dr. Daniel F. Lavanga

For those of you new to a leadership position, leaders who have been at their trade for a longer period, or those striving to get there please consider the following attributes and character traits a leader must develop and refine on a daily basis. I call them “The Seven Requirements of a Leader”.

- 1) The effective leader transforms from the pre-leader idea that success is all about you, your performance, contributions, and solutions to success being about growing others, making those that work for you smarter, bigger, and bolder.
- 2) The adaptable leader makes the leap from star player to successful coach actively mentoring your team, increasing their self-confidence and measuring your success based on their performance.
- 3) The powerful leader must exude positive energy about life and the work that you are doing together, show optimism about the future and care passionately about each person’s progress.
- 4) The successful leader gives his players feedback, not just at evaluation and performance measuring times, but after meetings, presentations, or interactions with clients.
- 5) The committed leader makes every significant event a teaching moment, discussing what you like about what people are doing and ways they can improve. Your energy and approach will energize those around you.
- 6) The wise leader works diligently to excel in “crucial” conversations and adversarial situations by being persuasive and not abrasive.
- 7) The Inspired leader pursues mastery and knows that having competence in the basic skills of your position is essential, but it is not enough. Mastery goes beyond just having distinct skills. They model their mentors or think about methods, athletes, or actors who consistently maintain excellence. They are students of their craft and work obsessively to master all aspects.

Leadership is a journey from self awareness, personal dynamics, and self fulfillment to other awareness, ever increasing outer dynamics, and the fulfillment of the needs, wants, hopes, and visions of organizations.

Leadership is an opportunity to move from ego centeredness to openheartedness and larger dynamics. True leadership carries with it the ability to change individually and to change the world!

The Seven Requirements of Leadership are just the beginning!

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Articles

THE SEVEN SECRETS

By: Dr. Daniel F. Lavanga

As the seven secrets unfold, they reinforce the foundation for creating yourself to be a manifestation machine. That is, these secrets, when mastered, set you apart from the herd. You become the person from whom others seek help as you make it clear to the world through your thought, word, and deed that you are creating the life you would love to live.

1) Break it Down - Breaking everything down in all areas to its smallest components trains you to automatically and unconsciously begin to take small steps in every area based on your priorities and mission.

2) Expand your Consciousness - Expanding your mind to encompass the seven areas of life will expand your consciousness. Your ability to grow a business or as a person, as well as handle the stress involved, is directly related to the growth and expansion of your inner dynamic.

3) Expand Your Intellect - A mind unchallenged is an invitation to deterioration. There is a direct correlation between the books you read, the people with whom you associate, your intellectual evolution, and your fulfillment in life!

4) Train Your Brain to see Both Sides - Mastering this secret affords you less of an emotional reaction and more of a rational choice about how to respond to situations. It creates steadiness, poise, and conserves energy.

5) Open Your Heart - Imagine the difference between playing chess with time to plan strategies and think out your next move versus playing pinball with bells and lights blaring, and only an instant to react plus no time for a plan. The secret of an open heart provides the difference.

6) Get Inspired - The ability to get inspired ourselves and learn to inspire others is no mystery. Simply care enough to learn your value system and the value system of others and communicate to them in their value system.

7) Get Coaching - Don't confuse a coach with a mentor. A mentor is someone you model who is already successful at what you are trying to achieve. A coach focuses your energy, keeps you on purpose and aligned with your mission, is a resource for the tools to complete your mission, and asks more of you than you can ask of yourself.

The seven secrets are age-old methods that prepare the soil of your mind and get you out of your own way on the journey to fulfillment and success.

DR. DAN LAVANGA

Articles

MANIFESTING YOUR DESTINY- TURN UP THE HEAT

By: Dr. Daniel F. Lavanga

Fortunately for us, what we think about good or bad does not automatically and instantly come into existence. Imagine the ramifications if it did. (The elephant you wish would stomp on your mother-in-law's car just showed up in her driveway!) or (The movie actor with whom you are infatuated shows up in your bedroom, meanwhile the hubby is taking a shower!)

Anything that we build, create, or become, has inherent in it a lapse of time between when we envision it and the physical showing up. This is called the manifestation cycle. It is akin to baking a cake, building a house, or planting a crop, nurturing the seed, and harvesting the fruit. The larger and more complex the vision, the more time it takes to bring to fruition.

Without any interference, any delays, blocks or obstacles, natural or human, the process takes time. That's simple right? Now if you have ever wondered why sometimes you take twice as long as others to get something done or produce a certain income, or no matter what you do you can't seem to get something completed or move it to the next level, then read on.

There are seven steps to facilitating the manifestation process or as I like to say to "turn up the heat" on getting things done.

1. Have a clearly defined mental vision and written blueprint as well as a purpose for your creation.
2. Affirm your vision with words and feelings of power.

3. Have an easily executable strategy and action plan with specific time frames.

4. Integrate your project into your master plan and be grateful in advance for its completion.

5. Keep the project in focus and in motion with consistent and persistent action and energy.

6. Measure progress, refine the blueprint, and create contingencies for possible setbacks.

7. Be mentally prepared for the benefits and drawbacks for getting that what you wanted.

The steps above not only "turn up the heat" on bringing your dreams into reality, but decrease the probability of self sabotage and losing focus on the end result. This means you don't go off on tangents and have to go back to square one of the manifestation cycle because you have lost the persistence of thought.

Remember, everything that has ever been brought into a materialized form began with a thought! Do not let your finite mind limit your infinite possibilities. What you wish to create or grow to the next level is passively waiting for the man or woman with the persistence of thought and plan to bring it into reality.

Turn up the Heat!

DR. DAN LAVANGA

Articles

THE CHICKEN OR THE EGO

By: Dr. Daniel F. Lavanga

What came first, the great company or the people that work there?

What came first, the vision of the leaders or the organization's performance in the marketplace?

What came first, the hunger for success or the greed to feed the "I need" disease?

On my adventures within the hearts, minds, and organizations of some great and fascinating people, I consistently encounter a huge stumbling block, EGO! I see highly accomplished and successful grown men and women become children, or worse, when an attack of ego or personal agenda infects their common sense. It seems an epidemic even in the most highly respected professions.

I am not fool enough to suggest that there is no value to possessing and exercising a vibrant ego, in fact, without it, there would be no "great" people or companies. It is when people begin to believe THEY are the creator, have personally manifested, or are the source of "success" that issues arise in personal and professional lives, and within organizations.

Here is my 4 step strategy for keeping the ego vibrant and eliminating destructive behavior:

- 1. Communicate boundaries:** Put in place policies that assist employees and management in defining and clarifying desired behavior and constructive conflict. (playground rules)
- 2. Lead by example:** Management must demonstrate at EVERY level the commitment to inspired and enthusiastic mutual trust and respect.
- 3. Processes:** Clearly define or refine the process to address and redress grievances, dissatisfaction, conflict, and interdepartmental issues.
- 4. Continuous Improvement:** Create a culture so dedicated to personal, professional, and organizational improvement that it leaves no time for the criticism of others.

Feed, guide, and nurture the vibrant ego of others!

DR. DAN LAVANGA

Articles

START AT THE TOP

By: Dr. Daniel F. Lavanga

How do you maximize your potential? This is a two pronged question that applies to maximizing your own personal and professional development and that of the individuals in your organization or on your team.

First. To maximize your potential as an individual you are charged with two tasks on the road to what I call self mastery. The discovery of your true life's calling and what Mike Morrison, Dean of the Toyota University, calls your personal leadership voice. This simply means everything you do is guided by your personal mission and ruled by your personal philosophy.

Once you have connected with your authentic self you can more easily transition to the next more important and gratifying step of connecting with others. Family, friends, colleagues, coworkers, competition, even "enemies" take notice of a person on a mission with a message.

Signs of true and continual self development are a shifting from the personal agenda, needs, and desires to encompass a larger dynamic and longer term vision. These leaders develop a passion for helping others rise to leadership roles.

Second. To maximize the potential of the individuals in your organization or on your team take what I call the G-R-E-A-T approach.

Gratitude: Gratitude generates the inspiration, enthu-

siasm, and fuel to create high performance. It must be developed as a skill.

Recognition and Reward: R&R of accepted, desired, and successful behavior and achievement must become a part of a systematic process.

Earn Trust: Earn the trust and respect of your team through shared commitment, engaged, and inspired leadership.

Align Values: Link the personal values and mission of each member of your team with the values and mission of the organization.

Train Continually: Engage your leaders in the development and delivery of training that targets the long term organizational vision as well as work/life balance issues.

Take action on your personal and team development today!

DR. DAN LAVANGA

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PERSONAL PRODUCTIVITY

MAXIMIZING PERSONAL PRODUCTIVITY: THE ROADWAY FROM GOOD TO GREAT IS THE THEME OF A NEW PRESENTATION OFFERED BY AUTHOR, SPEAKER, EXECUTIVE COACH DR. DAN LAVANGA

FEASTERVILLE, PA...Maximizing Personal Productivity: The Roadway From Good To Great is the theme of a new presentation by Author, Speaker, Executive Coach Dr. Dan Lavanga, founder and president of the Lavanga Group, a corporate consultancy specializing in personal and professional leadership and management, executive coaching, sales and people process development, it was announced here today.

According to Dr. Lavanga, "This newly created specialized approach has been developed from more than 25 years of studying the laws governing peak performance in relation to personal, professional and organizational alignment. It has been meticulously tailored to help individuals maximize their individual productivity in both their personal and professional lives."

Maximizing Productivity: The Roadway From Good To Great is especially targeted to businesses, professional organizations and trade groups, conventions and meeting groups, non-profits, service organizations, and others.

Dr. Lavanga's specialty is informing and entertaining while sharing no nonsense truths on reaching our maximum potential in business, as well as other aspects of

living. Using a series of powerful tools and life's lessons, he guides individuals and teams in learning the skills and techniques they require to accomplish their mission. Among them are: profiting from adversity; stress, time and money management; value systems, loyalty and inspiration; and productivity in the workplace; organizational alignment; and beyond the Peter Principle.

His book, *The Law of Sevens*, has been singled out as a fitness program for the mind. This compelling work in the area of self-mastery has been labeled as a concise compendium and organized journey to personal and professional management. A poised, gifted speaker and presenter, he's been often quoted as a source for newspapers, television and radio journalists. He recently was interviewed on more than 100 radio stations throughout the United States.

The Lavanga Group operates a life and health coach training program for physicians and others desirous of a coaching career, as well as a personal development fitness certification program for fitness instructors. Their recent video production Personal Development Yoga is being released nationwide as a unique mind and body fitness program and has been called a powerful tool for

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integrating your vision mission and goals with an energizing exercise program.

Dr. Lavanga has authored several training manuals and has conducted numerous stress management and other programs for township employees, volunteer fire and rescue workers, the Red Cross and Red Cross Women's Shelters, and has been active in programs for Libertae, The Lower Southampton Police Department, Bucks County Association For The Blind, A Women's Place and more.

Dr. Lavanga began his career as a Chiropractor receiving his doctor of chiropractic degree from Sherman College in Spartanburg, South Carolina in 1986. He currently heads up Lavanga Chiropractic, a holistic health center in Feasterville, Pennsylvania. He began his professional speaking, coaching and training programs in 1997 with Northeast Subaru/Volkswagen, also in Feasterville. For more than 20 years, he has held leadership positions, including serving as president for the Feasterville Business Association. In 2007, he was honored as the association's Person Of The Year for his service to the organization and the community at large.

PDYOGA (PERSONAL DEVELOPMENT YOGA)

New dates for 2010 have been set for a special series of complimentary workshops designed to acquaint the public with the new innovative Personal Development Yoga (PDYoga©) program, it was announced today by Dr. Dan Lavanga, head of the Lavanga Group in Feasterville, PA.

The informative one-hour free, no obligation instructional sessions will be conducted by Dr. Lavanga and his staff at his office location at 112 E. Pennsylvania Boulevard in Feasterville. The Lavanga Group is a corporate consultancy specializing in personal and professional leadership and management, executive coaching, and people process development.

"PDYoga was created as the ultimate exercise, time and stress management, organization and integration tool for busy, productive and goal oriented people," states Dr. Lavanga. "This powerful and provocative program delivers a cutting edge methodology that integrates an individual's goals, vision and mission with the power of Yoga, meditation, deep breathing and the universal principles of the Seven Words of Power. The result is a laser beam focus on a person's physical, mental and spiritual health and well being, as well as putting their unconscious mind on autopilot to achieve their goals and dreams in life."

"In this program," he further explains, "We've brought together personal development tools to help one define

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and clarify their goals, vision and mission. There is a simple procedure to ensure that they are congruent, efficient and effective in getting a person to where they want to go. In addition, we have taken life force enhancing Yoga asanas and integrated them into an energizing exercise system.”

“PDYoga done on a daily basis will not only keep a person physically fit, stabilize their metabolism, help them to lose weight, and open and invigorate the heart, and brings clarity and inspiration to the mind and vitality and enthusiasm to the body,” Dr. Lavanga relates. “It will assist individuals in the most powerful way in staying focused on their goals every day.”

In addition, Dr. Lavanga also offers a personal PDYoga program consisting of a program manual, a DVD and two CD’s for those individuals who would like to utilize the program individually. Cost is \$277.

Dr. Lavanga is an author, speaker and executive coach. His book, *The Law of Sevens*, has been singled out as a fitness program for the mind. This compelling work in the area of self-mastery has been labeled as a concise compendium and organized journey to personal and professional management. A poised and gifted speaker and presenter, he’s been often quoted as a source for newspapers, television and radio journalists. He recently was interviewed on more than 100 radio stations throughout the United States.

Dr. Dan Lavanga, head of the Lavanga Group, a corporate consultancy specializing in personal and profes-

sional leadership and management, executive coaching, sales and people process development today announced the introduction of a new innovative Personal Development Yoga (PDYoga©) Program.

According to Dr. Lavanga, “PDYoga was created as the ultimate exercise, time and stress management, organization and integration tool, for busy, productive and goal oriented people. This powerful and provocative program delivers a cutting edge methodology that integrates an individual’s goals, vision and mission with the power of Yoga, meditation, deep breathing and the universal principles of the Seven Words of Power. The result is a laser beam focus on a person’s physical, mental and spiritual health and well-being, as well as putting their unconscious mind on autopilot to achieve their goals and dreams in life.”

“In this program,” Dr. Lavanga further explains, “we’ve brought together personal development tools to help one define and clarify their goals, vision and mission. There is a simple procedure to ensure that they are congruent, efficient and effective in getting a person to where they want to go. In addition, we have taken life force enhancing Yoga asanas and integrated them into an energizing exercise system.”

“PDYoga done on a daily basis will keep a person physically fit, stabilize their metabolism, help them to lose weight, open and invigorate the heart, bring clarity and inspiration to their mind and vitality and enthusiasm to their body,” Dr. Lavanga relates. “It will assist individuals in the most powerful way in staying focused on

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THE CIRCLE OF WELLNESS

After more than 22 years as a chiropractor and the researching of holistic sciences, Dr. Dan Lavanga has innovated a new Circle of Wellness program that gives people access to all the tools required to take a proactive approach to wellness.

According to Dr. Lavanga, head of the Lavanga Group in Feasterville, PA, the Circle of Wellness was crafted as a philosophy of approaching health and life in a holistic and natural manner with a patient’s goal for overall balance in the seven areas of living; spiritual, mental, career, financial, family, social, and physical health being the main objective.

“Wellness is a concept that includes health and illness, life and death, construction and destruction, ying and yang,” he explains. “Feeling good and feeling bad are both expressions of wellness.” Dr. Lavanga’s Circle of Wellness incorporates seven major elements designed to heal and keep one healthy. They are Chiropractic or holistic healthcare, massage, exercise, detoxification, nutrition, stress management, coaching and personal development. “Our goal is to coach and encourage you to integrate all seven elements of health into your personal circle of wellness,” Dr. Lavanga comments.

The Chiropractic or holistic healthcare segment includes holistic medical treatment, as well as complementary al-

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ternative medicine, chiropractic, acupuncture, homeopathy, eye and dental care and embraces expert manual and gentle muscle techniques, while the massage therapies feature Swedish deep tissue massage, sports reflexology and hot stone massage. Physiotherapies include cold laser, ultrasound, muscle stimulation, percussion and trigger point therapy.

Within the exercise component of the circle, one will learn to eliminate constraints, improve overall efficiency and get better and faster results through expert coaching. This element also includes an introduction to the Lavanga Group's amazing mind/ body/fitness program PDYoga©, Personal Development Yoga.

With the nutrition portion of the Circle of Wellness, the Lavanga group will provide sound advice for eating a nutritionally-balance diet based on science and practical expertise. Detoxification features both cleanse therapy and purification programs that help a person feel better by eliminating toxins, certain medications and breaking harmful habits.

The stress management element centers on balancing perceptions about people and events, clearing your mind and creating a more focused you. This element includes an introduction to the Breakthrough Experience™ and the Demartini Method™. The Health and Life Coaching segment will maximize your wellness, remove distractions and constraints, improve overall efficiency, and create a life plan to achieve better results.

“Upon successful completion of the Circle of Wellness program every client has integrated a set of tools and skills which give the inspiration and potential to live powerful and fulfilling lives.” Dr. Lavanga relates.

DR. DAN LAVANGA

In The Media

RADIO STATIONS



Station Magic 98.5
Spartanburg, SC



Wazo FM
Wilmington, NC



Station CHOK 1070
Sarnia, Ontario



95.3 The River
Ottawa, IL



Station KLTF
Little falls, MN



WCMY Radio 1430
Ottawa, IL



Station CKLW
Bingham Farms, MI



WPRO
Providence, Rhode Island

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RADIO STATIONS



CKNX RADIO AM 920



Radio WLPO
Oglesby, Il



WKQX (101.1)
Chicago, IL



KCPS Radio
Burlington, IA



Station KLTF
Little falls, MN



WCMY Radio 1430
Ottawa, IL



WTMA 1250
South Carolina



WBCB 1490
Pennsylvania

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In The Media

MAGAZINES



Personal Excellence Magazine
Sales Excellence Magazine
Leadership Excellence Magazine

NEWSPAPERS



Bucks County Courier Times



Upper Bucks Intelligencer



The Philadelphia Inquirer



The Burlington Times