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Some questions to help you prepare for the interview. You can choose to have a presentation, however that is not necessary. The questions below are only some ideas. If there is anything that you think will fit in with the theme of the summit please feel free to share. Only remember to stay within the theme of the summit: Curb Your Cravings.

1. Self introduction and experience in helping clients manage their carb cravings.
2. In your practice what is the biggest challenge that clients face?
3. What kind of mindset do clients have when they come to you for advice?
4. How do you handle resistance to changing this mindset? What is your strategy?
5. What tips do you have for clients to change their mindset around curbing their cravings?
6. What approach do you take to manage cravings?
7. What are your top 3 favorite tips for the viewers?
8. What is your offer/opt-in/freebie- if you don't have one that is fine too. Provide value.
9. How can viewers contact you?
10. Anything else you think is important or I have missed.

If you have questions/concerns please do not hesitate to email me: alka@alkachopra.ca

Thank you so much for your participation.

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