

LIVE @ TAG

Workshop

Full-Conference

Developing the Psychological Edge to Maximize your Trading

Do you react like "a deer in the headlights" when a trade moves against you? Developing techniques and skills to turn around your trading can mean the difference between success and failure. In her first presentation at TAG, Robin Dayne will teach you how to pull yourself out of a "tail spin," conquer over trading and overcome the fear of getting into a trade. No matter what type of trading you do, all obstacles and errors in trading can 99% of the time be traced back to one's emotions. Robin will show you how to develop a plan to emotionally start your day and to create the confidence to get in and out of a trade. Whether you are a novice or professional, her methods will help you develop a psychological edge!

Biography



Known as "The Trader's Coach," Robin Dayne has been sought after and appeared on ABC News 20/20, CNBC - Power Lunch, Business Week, Street.com and other trading venues. After years of studying psychology and coaching thousands of clients to realize their maximum potential, Robin found her "niche" coaching all types of stock traders.

A trader herself, she learned from some of the best and studied in one of the most active Day Trading offices on Wall Street. Combining her personal experiences with her psychology expertise she has developed trading strategies and techniques to turn any trader around. These invaluable skills are taught today in her 1-1 coaching, "The Intricacies of Day Trading" seminars, and chat rooms, focusing on one's trading psychology and the "foundation" skills of trading needed to succeed.

Contact Info

"The Trader's Coach"
81 Walden Pond Dr
Nashua, NH 03064
603-882-0221 O
603-880-0136 FAX (call first)
robin@thetraderscoach.com
www.thetraderscoach.com

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Robin

Dayne

Presented by



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Developing the Psychological Edge to Maximize Your Trading

With trading being 90% emotional management, learning techniques to manage the common trader challenges are a MUST! Throughout this very unique session YOU will learn to be in control with these new skills. It will prove to be one you won't want to miss. Some of the most important trading dilemmas all traders face will be discussed with specific skills and techniques to overcome them. Also "REAL" audience participation will be encouraged to show realistic approaches and making the learning fun for all.

Topics to Be Discussed

Managing Emotional Trading Swings

Q – Do you ever experience emotional swings when you trade?

Q- Do you trade with any of these emotions? frustration, anger, uncertainty, depression, lack of confidence, fear or more?

Q - Did fear become so great it prevented you from trading or hitting the keys?

A- Solutions to be reviewed will give you resources to manage them and you can "enjoy" your trading even more.

A- Learn to manage emotional "swings", increase certainty to trade and break through fear.

Creating Trading Certainty

Q- Have you ever experienced losing over and over to the point you doubted ever move you about to make?

Q- Did this hesitate through off your timing to enter the trade?

Q- Did the fear increase to where you exited way to soon and missed the big move?

Q- Do you find you repeat the same mistakes over and over/

A – Developing a step by step plan will be discussed to get back on track quickly.

A- Real-time examples with audience participation will be used to break through fear.

Breaking a Losing "Tailspin"

Q- If you lose are you able to turn it around quickly without bad emotions?

Q- Does one losing trade perpetuate more losing trades?

Q- Do you have trouble sticking to your stop loss rules?

Q- Do you find yourself beating yourself up when you lose?

A- We will discuss how to QUICKLY turn around a tailspin?

A – How to develop rules that work.

A – How to create disciplines to succeed.

A – We will look at how you relate to money, success, and failure.

And much much moreso if you experience one or more of the following challenges in your trading this session schedule this: (space limited)

- Over trading that eats away at profits?
- Hold a trade to long in the “it can’t go any lower” syndrome?
- Go into emotions of fear, frustration, uncertainty?
- Find your trading is not moving forward?
- Find you beat yourself up when you lose?
- Have a problem when you reach a certain level of success?
- Don’t enjoy trading...not having fun?
- Are you losing at more trades than you win?
- Feel you HAVE to trade even though you intelligently know its not the right time?
- So successful trading is not fun anymore?
- Have any kind of bad emotions while trading?

If you have answered YES to one or more of these questions.....you can’t afford to miss this session.

For more info contact:

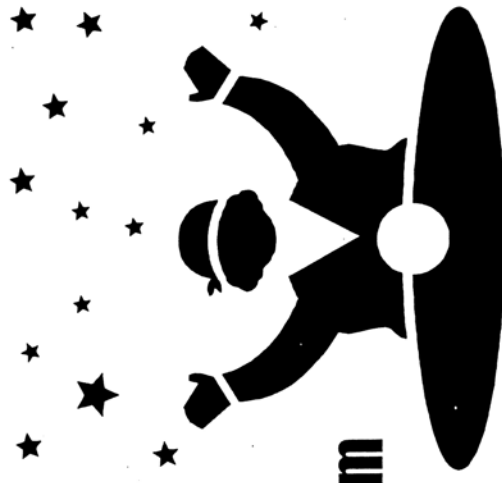
Robin Dayne "The Trader's Coach"

603-882-0221

Website: www.thetraderscoach.com

or www.robindayne.com

E-mail: robin@thetraderscoach.com





Developing the Psychological Trader's Edge

**Presented by Robin Dayne
‘The Trader’s Coach’**

How to Manage Over Trading

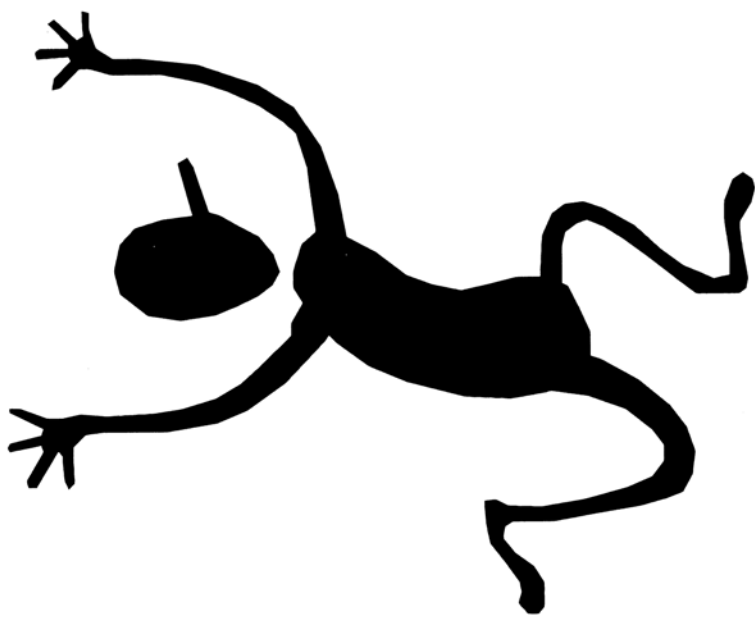
• What are your feelings?

- Anxiety
- Desperation

• Why are you driven to do this?

• What is the “need” ?

• Are you “pushing” ?





Over Trading - Solutions

- **What is creating the desire to over trading ?**
- **Create and ask a big enough reason why you should stop the behavior**
- **What's the cost if you don't stop this ?**
- **What types of disciplines need focus ?**
- **Create a "game" to slowly get back on track**

Over Trading - Solutions

- **Are you being honest with yourself ?**
- **Trade from reality**
- **Develop a plan**
- **What did you learn from your last trade ?**
- **What can you do different ?**





Over Trading - Solutions

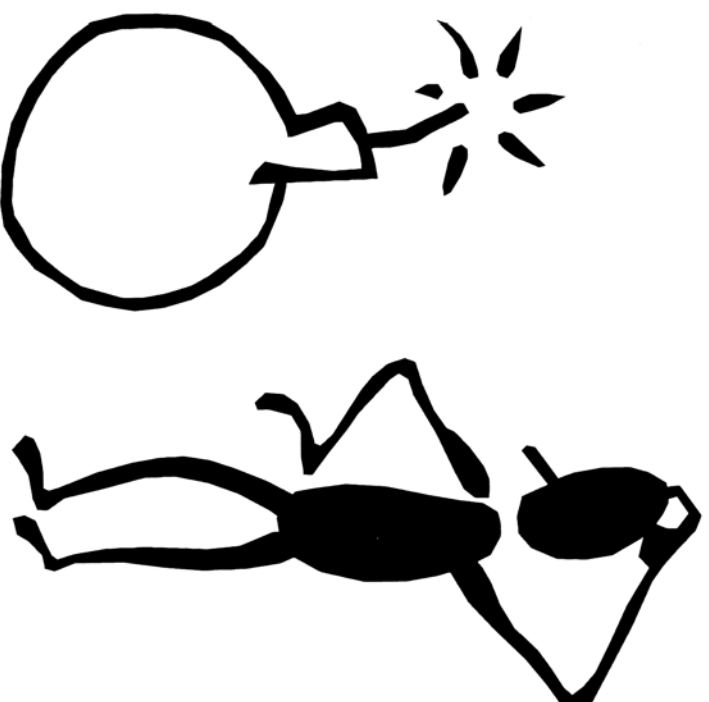
⦿ Ask Questions to Reverse an Unwanted Pattern

- Why am I anxious ?**
- What is the need I have ?**
- Why am I pushing ?**

⦿ What can I do to break this pattern ?

How to Overcome Trading Fear

- Do you hesitate getting into a trade ?
- Do you finally get in to find your timing off ?
- Do other emotions come up ?





How to Overcome Trading Fear

- **Is this a common feeling when you trade ?**
- **Has it started after a big loss ?**
- **Is your confidence shattered ?**
- **What are you saying to yourself ?**
- **Are you resourceful or un-resourceful?**



Overcoming Fear - Solutions

- **Breaking the mental connection**
- **Linking something different to the original thought**
- **Starting slow to regain confidence**
- **Change your “Self-talk” or “thought talk”**
- **Take a break**
- **Analyze what you’ve done**
- **Create a new strategy**

Breaking a Losing Pattern

- Are you taking one bad trade after another?
- Are you repeating the same mistake?
- Are you “beating” yourself up with bad thoughts?



Breaking a Losing Pattern

- Are you trading from emotion or intelligence?
- Is your "ego" involved
- Do you find a great need to be "right"





Losing Pattern - Solutions

- **STOP**
- **Take a break**
- **Analyze the previous trade**
- **Get emotionally back on track**
- **Let go of your “ego”**
- **Be realistic**

Emotional Preparation

- **Have you done your homework?**
- **Do you have an attack plan?**
- **Do you keep a journal?**
- **Are you ready to trade with confidence?**



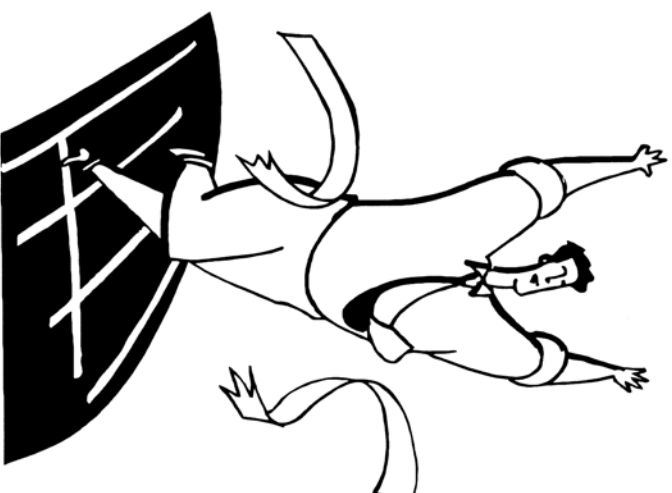
Emotional Preparation

- **Are you focused ?**
- **Are you alert ?**
- **Are you emotionally together ?**
- **How can you create certainty in your trade ?**



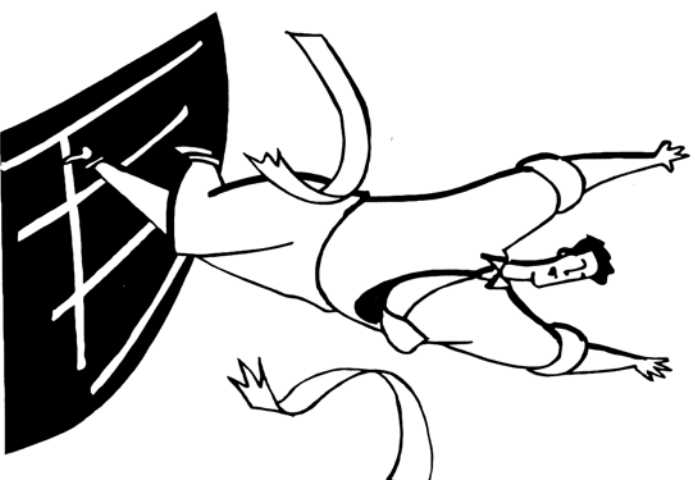
Creating Trading Certainty

- **Do you have doubt in your trading ?**
- **Do you question your actions ?**
- **Are you working to a plan ?**
- **Do you feel you move forward in your trading ?**



Creating Trading Certainty

- **Do you have a certainty check list ?**
- **Do you ask for help ?**
- **Do you stick to your stop loss rules ?**
- **Are you a disciplined trader ?**
- **What are your win to loss %'s ?**





Certainty in Your Trading

- **Decide what kind of trader you want to be**
- **Install a strong trader identity**
- **Focus “forward” in your trading**
- **Focus on needed disciplines**
- **Be honest with your trading**
- **Take responsibility for your trading**
- **Know when to NOT trade**