

MASTERING GOALS

A two-day goal setting workshop for **Busy Professionals** who want to **set and achieve goals** that will help them **realise their full potential** for living a **truly remarkable life.**

Do you.....

- Feel tired of setting goals that you never quite achieve?
- Want to break through those barriers that are holding you back?
- Know what you should be doing but you just can't seem to get around to doing it?
- Want more 'life' in your 'work/life' balance?

Would you and your company benefit if you could.....

- Set and achieve inspirational goals?
- Replace destructive habits with life affirming ones?
- Overcome obstacles and roadblocks?
- Know that your destiny was yours to control?

If you've answered **'YES'** to any of the above then this course is tailor made for you!

“Most people tend to overestimate what they can achieve in a month but massively underestimate what they can achieve in a year”

Workshop overview.....

Goal setting and realisation is the number one skill for results focused people who want to achieve even more in both their business and their personal life.

How many people spend their lives doing the same things day after day? How often do you feel like you're stuck in a rut but can't find your way out?

Come to this intensive 2-day workshop to learn how you can set and start to realise your vision.

At the end of the workshop you'll understand how to set visionary goals, feel motivated to achieve them and **make your vision a reality.**



You should attend if.....

You want to design and live a truly, remarkable life

You will learn how to.....

- Set and achieve goals that you'd only ever dreamt of
- Build a plan for success
- Achieve the work/life balance you desire
- Learn from others' experience
- Maintain the focus and discipline required to achieve goals

The Workshop will cover.....

- Knowing what you want – the power of focus
- Knowing why you want it – the power of questions
- Knowing what it will take to make it happen – the power of action
- Understanding values & beliefs
- Working on the things that matter – 80/20 thinking
- Overcoming procrastination
- Simplifying your life
- Designing a remarkable life
- Staying on track

The workshop is designed for individuals to identify their goals and create an action plan for achieving them. This allows participants to develop key goal setting skills whilst creating a bespoke life plan during the 2 day workshop.

At the end of the workshop key goal setting templates will be made available to course participants for their own personal use.

“The questions asked and the steps you took us through really helped me to uncover my values and to work out what’s important in my life. I’m so excited as I embark on the next, and what will unquestionably be the most exciting stage of my life.

(Suzy C, Managing Director,
Recruitment Sector)

2008/09 dates and venues across the Midlands £680+ vat

■ 18th-19th November 2008

■ 3rd-4th February 2009

■ 12th-13th May 2009

3 ways to book

By Phone on **01676 535502** By Fax on **0700 606 8598**

or Online at **www.strategise.com/bookings**