



Presents
A series of goal setting workshops
Empowering YOU with a
Plan to Win in 2010

Set Goals and Soar to Success

Identify Your Goals
Put a Plan in Place to Achieve Goals
Develop an Action Plan to Implement Activity
Learn How to Track Progress

Learn techniques that will help you focus on goal attainment.

Utilize activity forms to execute SMART goals (specific, measurable, attainable, relevant, timely).

Participants will receive activity forms, reference documents and supplementary information to use again and again.

Productivity-boosters will engage and and empower you to implement goal activity, track progress, stay focused...and have fun in the process!

Individuals will identify challenges; get help needed to progress goal-plan to goal-attainment

Dates: Jan 16, Feb 20, Mar 20, Apr 17, May 15, Jun 19, July 17, Aug 21

Time: 10:00 am to 12:00 noon

Cost: \$397 for eight workshops
Optional: \$ 99 for any one workshop

Each workshop builds upon previous session

Location: Los Angeles area

Register TODAY: Call 310 527 2511 to enroll via phone or visit www.speakingessentials.com