

Building a Big Year of *GROWTH*

We are hardwired for learning, growing and moving forward but in a world of distractions it can be hard to know where to start. And even if we get started it can be even harder to sustain our good intentions.

Who is it for?

This program is for people who are:

- > Tired of setting goals and making resolutions which fade fast
- > Dabbling with a number of competing areas and not really mastering any
- > Overloaded and feeling like everything is suffering.

The Big Year of *GROWTH* provides a way to cut through these barriers to realistic success and satisfaction. It is relevant for anyone who wants to ensure a focused year of growth and achievement.

What are the benefits?

This focused group coaching workshop will enable participants to walk away with:

- > A completed review of key successes, values and focus areas
- > A set of motivating goals in these priority areas
- > A developed plan for these goals
- > Identified strategies for sustaining achievement in these key goals.

As a result participants will have greater clarity, focus and direction.

And they will have more satisfaction from growing and achieving in the areas that are most important to them.

How does it work?

In this half day group coaching workshop participants:

- > Prepare and plan to make sure the 'soil of success' is well cultivated
- > Identify high leverage areas and specific goals
- > Develop strategies for sustained execution so that growth and achievement is lasting.

In this interactive and fast moving session participants reflect, write and discuss, gaining benefit from the input and experience of others so that thinking is sharpened and commitment strengthened.

Based on the principles of *Appreciative Inquiry* the Big Year of *GROWTH* is a great way to help those good intentions become great results!