



What others say:

Karyn is an excellent presenter and is very good at getting keeping the whole group interested and challenged.

Susan T

The follow up coaching session made a huge difference in keeping me on track.

Trudy M

Very enjoyable and loads of fun. Highly recommended.

Sam C

Loads of fun and heaps of laughs. It's the first time that I have actually got a plan of action in place that I'm able to follow.

Alison F

The workshop helped me to get clear in where I'm going this year. Six months on I'm still ticking off my goals and putting the strategies into action. Very impressed.

Nola M

Workshop Overview

Do you need a bit of a push to set goals and then make them happen? Are you committed to living life to the fullest? Do you need to set some action plans to make sure all this happens? Would some accountability help you take action?

If so, then this workshop has been designed **exactly** for **you!**

The '*Live Your Dreams*' workshop starts off with looking at what is important to you within your life – the values you live by. We'll then align these values with the goals that you want to achieve this year. To be successful we all know that your attitudes also needs to match up so we'll have a look at how to keep motivated when in the past you may have given up.

Who should attend?

Anyone who is serious about improving their performance in their personal and professional lives.

Workshop Outcomes

We'll show you how to shape your goals into motivating milestones by:

- ✓ Setting achievable and realistic targets
- ✓ Learning the key attitudes and strategies that ensure success
- ✓ Overcoming fears, barriers and obstacles
- ✓ Developing your new action plan and become accountable for your success

Change your mind and keep the change



*Introducing your
facilitator*

Karyn Chalk

*What I love most about my work is
the opportunity to inspire positive
change for individuals and teams,
and then see the long term results.
Very satisfying!*

Karyn is a dynamic and passionate presenter with extensive experience in facilitating workshops specialising in motivation, attitude and behaviour change. She has qualifications in nutrition, teaching, neuro-linguistic programming and business development, and 15 years experience in designing and delivering training in this area. She manages her own business 'Changing Ways', has been a training advisor in two large companies and contracts her services to a number of organisations.

Follow up after the workshop

Because this course is all about challenging your thinking, the workshop investment also includes an individualised follow up session with a Changing Ways coach.

Workshop Logistics

Date: Saturday 19 June 2010

Time: 10.00am – 4.00pm

Venue: To be confirmed

Investment: \$95.00

Other: Please bring your own lunch

As our commitment is to provide a workshop that is personal and of high quality we have limited the number of places available.

So, take action now! To reserve your place please complete the registration form and return to us, along with your investment.

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