

GOAL SETTING AND DECISION MAKING IN LIFE

In this Workshop you will:

Identify 2 -3 goals that will make a difference in your life , develop key strategies to achieve these goals, develop strategies to stay focused, learn to set goals that inspire, challenge and motivate, identify and set clear strategies to maintain progress on your goals.

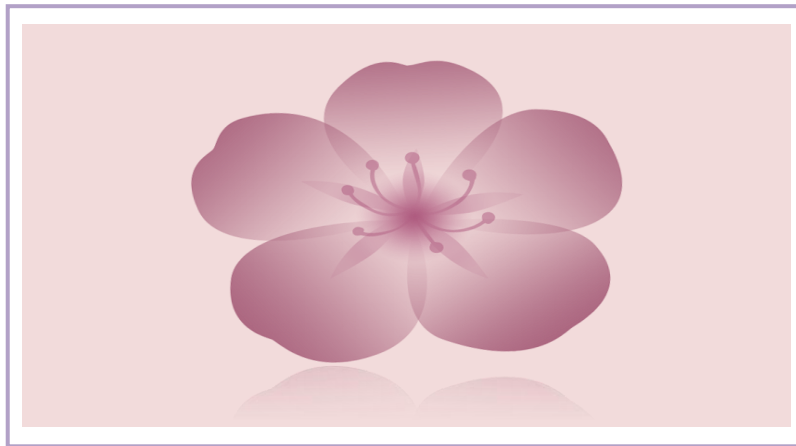
In this workshop you will be inspired and assisted by the professional life coaches to:

- Set achievable & exciting life goals to work on. (whatever your life needs NOW)
- Be supported by the coaches to get into action on your goals.



Life Coaching with Davina Park and Kirsty Keating

The workshop will be lead by Davina and Kirsty, accredited life coaches since 2008 who are passionate about empowering people with the tools to drive their lives in the directions they want. Together they will lead you through the process of identifying what goals will make a difference in your lives, work with you to develop the strategies to achieve them, and support you to create great habits that will get you moving in the direction you want.



**WHEN: THURSDAYS 22ND AND 29TH MARCH AND THURSDAY 3RD MAY
(ALL THREE SESSIONS MUST BE ATTENDED)**

TIME: 10AM-1PM

WHERE: SALVATION ARMY UPSTAIRS MEETING ROOM

54 DULWICH STREET DULWICH HILL (ENTER VIA LEWISHAM ST ENTRANCE)

PARKING AVAILABLE ONSITE VIA LEWISHAM STREET

COST: \$10 CURRENT HACC VOLUNTEERS, \$20 HACC STAFF, \$5 FOR THOSE NOT YET VOLUNTEERING (BUT INTERESTED IN DOING SO)



STARS is funded to provide training in the local government areas of Canterbury, Marrickville and Leichhardt

STARS is an activity of Canterbury City Community Centre

Website www.4cs.org.au