

# **FINDING CALM AND DIRECTION IN THE STORM**

**You'll learn to:**

- **Discover your Purpose and what is really driving you**
- **Use tools to free yourself from stress and keep life in balance**
- **Set such exciting goals that you can't sit still**
- **Create Action Steps for achieving your dreams**
- **Master the 10 Keys For Effective Goal Setting, so you don't work on goals - they work on you**

We live in a world of exciting and sometimes dreaded CHANGE - change that continues to accelerate each day, every day. Although there may not be much you can do about when and how things change, there is a lot you can do to respond, benefit, and grow from it.

You have the resources for greater success, contribution, joy, and personal satisfaction. During difficult times of Change, our reactions often take our focus away from what is most important. It's easy to get off track. That's why there is not a better, more critical time, to discover, refine, and use these resources.

True success and happiness is experienced when your life is balanced in key life areas such as Business/Career/ Achievement, Relationships, Health and Wellness, Time and Financial Freedom, Inner Strength, and Spirituality/Faith. Fulfillment comes from making progress toward what you want, value, and cherish in those areas.

This program is designed to unleash your greatness in the key life areas that matter most to you. You create a clear Vision of what you want your life to look like in those areas. Finally, you are guided in a process of setting motivating and measurable goals and are given the tools necessary to fulfill them after the seminar is over.