

Dare to be Different! 3 Keys for Goal-setting Success

Research shows that only 4% of people meet their goals each year. Part of the issue may be that using an old, traditional approach to goal-setting often leads to mounting frustration and undue stress. In this interactive, high-energy session, Jan Spence provides participants with a systematic process that can be used to improve others' ability to set goals, take action, and maximize strengths. Attendees will learn and implement her easy step-by-step process right away and also share these techniques with others to promote further success. Participants will learn new ways to design learning opportunities, develop goals and plans, and manage progress and accountability. Based on Jan's extensive experience helping organizations, associations, and individuals explore their full potential, she will teach attendees a different approach to goal-achieving.