

CREATING YOUR FUTURE

The 2014 Goals Workshop



It's the beginning of the New Year, and you are ready to set goals!

Most of us want a life filled with purpose, passion, inspiring visions, and uplifting goals. However, we don't know how or where to begin. Visions, dreams, resolutions and change, can feel like an uphill task, and yet it doesn't need to be that way.

If you are an inspired being who wants to get clear on your desired future and set goals to make it a reality, join us for an energetic group workshop to:

- Acknowledge what you are proud of in 2013
- Take a snapshot of your current life situation
- Design your bigger game (in career/health/life/relationships)
 - Write your 2014 Vision Statement
 - Set SMART goals
- Create measurable, actionable milestones, and
- Further your actions by working with a colleague or coach after the workshop.

Each workshop participant will receive a complimentary workbook where they can record their dreams and goals for 2014, as well as a complimentary 60-minute coaching session with professional certified life coach, Nidhi, (new clients only).

The best way to predict the future is to create it!

Cost: \$55 (inc.hst)

Includes a 4.5 hour group workshop, a free workbook, and a 60-minute coaching session after the workshop with certified Life Coach, new clients only (Coaching session value is \$75).

Bring a friend, and you each pay \$50 (inc.hst)

Extras: Snacks and juices for hydration and energy.

Date: Sunday, February 2nd, 2014

Time: 10.00 am - 2.30 pm

Where: CHHC,
Community Holistic Health Centre,
352 Bedford Park Ave,
Toronto, ON, M5M 1J8
Intersection: Avenue & Lawrence
Tel: CHHC 647-352-6585

To register, please sign up at <http://www.globalvisionscoaching.com/calendar.html>
or call Nidhi at 416.830.5285

About the facilitator:

Nidhi Gupta is a certified Life Coach, registered Psychotherapist and a Couples and Family Therapist. Her approach to her work is purely holistic, embodying mind, spirit, soul and body. She radiates a fierce love and creative joy when working with her clients, so they gain insight and wisdom in order to manifest real-life change.

