

Ignite Your Life: Goal Setting for Success

“The future belongs to those who believe in the beauty of their dreams.”

- Eleanor Roosevelt

In this program we explore the topic of work/life integration and sustainability. We begin by having leaders explore what success means to them and open the lid on possibility. Leaders examine all of the areas of their lives and take inventory of how satisfied they are and then get real about what’s really going on in their lives. Once we have a snapshot of their lives, leaders set goals to take their lives to the next level and practice some introductory coaching skills to create accountability.

Coaching Works

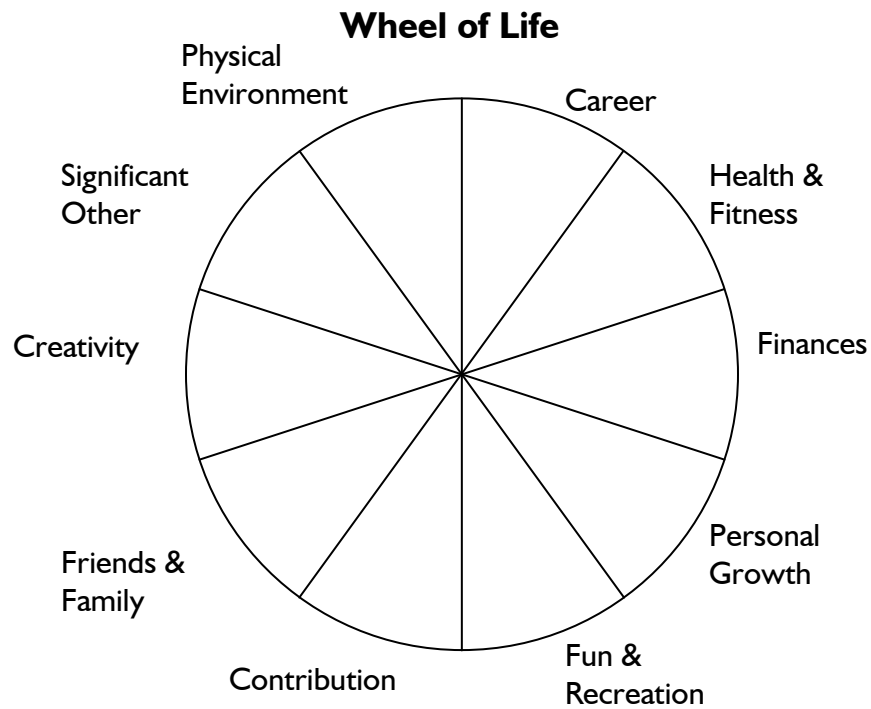
All of our programs are highly interactive and leaders walk away with practical tools they can implement immediately. Instead of using case studies and volumes of theory, we have leaders apply the skills and concepts they are learning from the moment the program begins. Follow up coaching is included in all of our programs to ensure the learning sticks and is applied once leaders are back in the real world.

Program outcomes

- Simple tool to evaluate work/life balance
- SMART goal-setting tool
- Practical tips to overcome fear and perceived obstacles
- Real-time use of introductory coaching skills
- Accountability to coaching partner
- Enhanced relationships with other leaders leading to greater collaboration

Scalable Coaching Solutions

This program can be delivered through a series of individual or group coaching sessions or as a half day or full day workshop with follow up coaching.



Directions:

Seeing the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. The new perimeter of the circle represents your Wheel of Life.