

Goal Setting Strategy Session

Your one-off coaching session for knowing exactly what you want and how to get it!

Who is this for?

This session is perfect for you if you...

- have goals you want to achieve but not sure where or how to start or how to fit it all in
- want to create new habits or changes and want professional support to achieve this quicker
- want to feel empowered and energised to take action

This Goal Setting Strategy Session is unlike any other – this is not just about setting ‘smart goals’ (which quite frankly, are limited).

This is about identifying what you want, how you are going to get it, how you are going to make the time for your goals, and understanding how to overcome any hurdles before they come your way!

The five part process...

Benefit from my signature five part Goal Setting Strategy Session

Part One... Big Vision, Small Goals Let's work out what your long term goals and ambitions are. We'll discover what your true values and desires are too, so you know your 'why' and driving motivational factors are

Part Two.... Reviewing and learning from 2019 Learn from 2019 so you can push and propel forward in 2020. What is there to be learnt, to ditch or to take forward?

Part Three... Your top three focus This is your ultimate goal broken down into chunks, so you know exactly what it involves (otherwise it is too overwhelming)

Part Four... Your 90 day planning strategy Now it is time for getting into the detail! With my simple but effective template, you'll know exactly what you need to do, when and how to make your dreams and goals happen

Part Five... Your DMO I will help you improve your time management and productivity, set your rules, work out your Daily Mode of Operation, and find out what your "non-negotiables" are. There is no point having an exciting vision and plan if you don't know how to execute it

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www.alicedartnell.com

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