



Julie A. Berg
HRD Consulting
**Principal Consultant/
Leadership Coach**

St. Paul office:
612-642-1796
E-mail:
julie@julie-berg.com

Website:
www.julie-berg.com

Ten Tips n' Tools to Put GO! in Your Goals



Feeling stuck so you can't finish, or even start, that project?

Are you too distracted or unmotivated to make a career or life change?

Want to be a catalyst for others to reach their potential?

Learn ten simple, yet effective, tips and tools to inspire yourself to reach your goals!

There is nothing more self-defeating than setting goals and drifting aimlessly on the hope you will achieve them. In this session, you'll take any desire or possibility and learn to focus your energy on doing the right things so you live with purpose and a sense of accomplishment. The presenter, a professional leadership coach, will reveal the **TNT** she uses to spark motivation – and action!

By attending this session, you will:

- ❖ Discover practical and creative ways to be inspired to reach your personal and professional goals.
- ❖ Put into action tools to move from simply having goals to actually achieving them.
- ❖ Understand how to coach and support others to realize their goals.