



## LEADERSHIP DEVELOPMENT TRAINING

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# Goal Setting

## THE WAY TO SET & ACHIEVE YOUR GOALS

A System for Self Motivation

This incredible program provides participants with the training necessary to integrate and implement strategies to improve every aspect of life, personally and professionally. The program focus is on setting goals and provides a proven system for manifesting desired outcomes by programming your brain for success.

### EXPECTATIONS:

- Integrate the 5 areas of life to achieve a state of balance.
- Create beliefs that support your goals and empower you.
- Utilize powerful self-talk and imaging techniques.
- Control your frame of mind and instantly change your state.
- Overcome and breakthrough fears that are holding you back.
- Practice the 8 Steps to goal achievement.
- Motivate yourself to take immediate and consistent action.

“Since taking the class, I have achieved consistent, positive results and I am just a few steps away from realizing my long-term personal and career goals.” -Michalle Rodriguez, Director of Development, Crisis Support Services

“I would highly recommend him to anyone interested in personal development!” -Terrie Leighton, Realtor, Ferrari-Lund Real Estate

“Expect a high energy, results driven, thought provoking, inspirational experience.” -Brent Forbush, Audit Accounting Manager, Forbush & Associates

“Jeffrey’s training of my group was some of the best training I have ever used.” -Norm Pytel, Area Sales Manager, Charter Media

“I highly recommend Breakthrough Training for not only a leader of a company, but to all employees of a company.” -Dave Sinclair, President CEI Alarm

Contact Jeffrey for More Information:  
**(775) 337-1600**

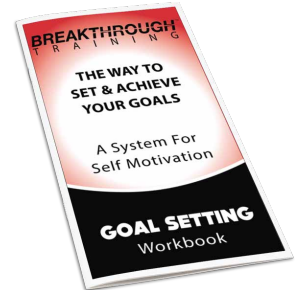
“You must do the thing you think you cannot do.”

-Eleanor Roosevelt

### Program Info

Available As:  
Break-out Session  
Conference Speaking  
Half-day Training

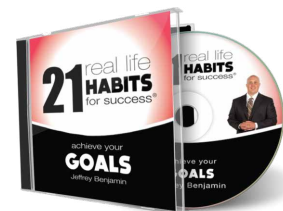
### Materials Included



Workbook



Goal Cards



Audiobook

BREAKTHROUGH TRAINING™  
100% Guarantee