



EMPLOYEE DEVELOPMENT TRAINING

Jeffrey Benjamin (775) 337-1600



Goal Setting Training

THE WAY TO SET & ACHIEVE YOUR GOALS

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 consistently staying motivated to achieve results.

The core of the program is developing written goals with a personal action plan to measure goal performance and how to stay on track. Proven techniques are shared to maximize your time for work life balance.

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.
- Set benchmarks to quantify goal performance.
- Overcome and breakthrough fears that are holding you back.
- Practice the 8 Steps to goal achievement.
- Motivate yourself to take immediate and consistent action.
- Develop a personal action plan to achieve your goals.

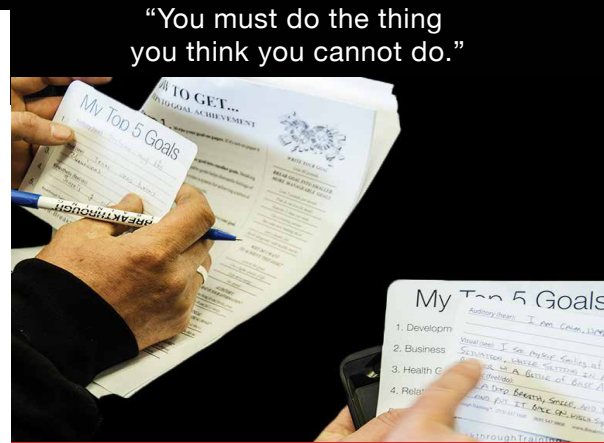
“Since taking the class, I have achieved consistent, positive results and I am just a few steps away from realizing my long-term personal and career goals.” -Michalle Rodriguez, Director of Development, Crisis Support Services

“The presentation was awesome. High energy! Lots of examples of how to put goals into place.” -Nyleen Smith, HR Manager, University of Nevada, Reno

“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

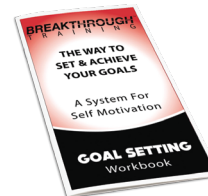
Contact Jeffrey for More Information:
(775) 337-1600



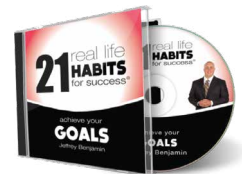
Program Info

- Available As:
- Break-out Session
- Conference Speaking
- Half-day Training
- Full-Day Training
- Business Coaching

Materials Included



Workbook



Audiobook

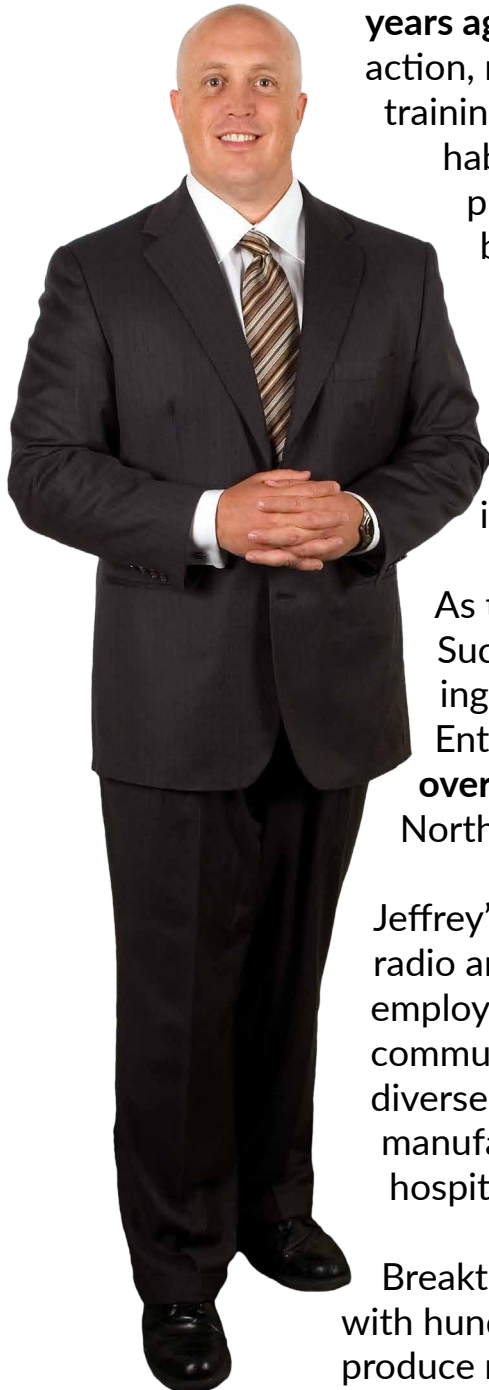


Goal Cards





MEET JEFFREY BENJAMIN



With over 3,000 presentations delivered Jeffrey Benjamin has a proven track record. Breakthrough Training™ was founded **25 years ago** in Reno, Nevada by Jeffrey Benjamin with a focus on action, not theory. That's why Breakthrough Training™ corporate training programs are centered on practicing the behaviors and habits that lead to more personal and organizational productivity. We don't use PowerPoint presentations or boring lectures. **We utilize audience participation to make the information impactful, relevant and engaging.**

Jeffrey's obsession with personal development started 30 years ago, and has led to creating a company that is focused on not just information, but application of information. **Action is the final element of success!**

As the co-author in the book series Real Life Habits for Success® and a contributing author in the book, The Sleeping Giant: The Awakening of the Self Employed Entrepreneur, **Jeffrey has had the privilege of delivering over 3,000 presentations** to audiences from Asia, Europe, North America, South America and the Middle East.

Jeffrey's habits for success have been featured on over 500 radio and television shows. Breakthrough Training™ is an employee leadership development, team building training and communication skills training company that has worked with diverse industry clients including construction, manufacturing, finance, healthcare, education, real estate, hospitality and non-profit.

Breakthrough Training™ has a proven track record working with hundreds of companies and tens of thousands of people to produce results. That's why we offer a **100% Money-Back Guarantee!**