



PB Goal Setting Workshop

Seven-Steps to Achieving Your Goals

1. **Clarity**
2. **Certainty**
3. **Excitement**
4. **Focus**
5. **Commitment**
6. **Momentum**
7. **Plan**

Please do steps 1 & 2 before our event.

The purpose of the workshop is to establish:

- a) what you really want (identify your goals)
 - b) why you want them
 - c) what doing/having it will give you
 - d) your first steps to their attainment.
- } Reasons / Purpose / Why

How to use this workbook.

Personally, I love to use pads, paper and coloured pens - spread all over a desk for my goal-setting and creative processes! Some people like electronic devices, some like mind mapping. The how doesn't matter as long as it's done.

I do not want to restrict or stifle your personal creative ways, so I produced this workbook for you as, just 'something', just one way to capture your ideas, thoughts and goals. Do FEEL FREE to disregard it and do your own thing! You may use this document on the screen of your device, (I have put hyperlinks in to make that easier for you), or you may print it and bring it with you - or do whatever works for you.

If you are printing, note the whole book is 36 pages long. **If you wish to print only the forms that you need for the workshop, then print pages 19 - 23 only.**

Whichever way you choose; it is important that you **LET GO of being perfect!** Just get your thoughts and ideas out of your head and capture them somehow, somehow. You can always hone and perfect it later.

Before you begin with this process, it is **important that you are in a resourceful, powerful, happy state.** Imagine you are a child again writing to Santa!! You ought to be in that same state of excitement about what **you**

want as that child would be - no censoring, no limitations, no 'if's', or 'yeah but's' of any sort allowed here!! Agreed?

To get yourself into this state, I'd recommend that you go and do something that you love, play music, dance freely, run, or go to the beach and spend time in the moment. Do whatever it takes to feel appreciative and great about today and the future you are about to create for yourself.

Allow 30-60 minutes of time, turn your phone off and begin by completing **Parts 1 and 2 BEFORE the event**. Yes, I deliberately left it late and there is a great reason for that which I'll share with you at the event when we will recap steps 1 and 2, but nonetheless, I really want you to invest this quality introspection-time yourself beforehand. Are you ready?

Let's start!

Step 1: Get Clear.

To begin, you must first gain clarity about where you really are in your life **RIGHT NOW!** Let's start by looking back....

What did you love in the last year?

A. What were some of your Magic Moments?

B. What was magical and extraordinary?

C. What did you accomplish last year? (financially, spiritually, relationally, career, business, physical, other?)

D. What are some of the things from last year that you want to duplicate this year?

2. What did you hate last year?

A. What was challenging this past year?

B. What do you not want to have happen again?

C. What did you learn by going through these experiences?

D. Why were they incredibly valuable?

3. What decisions did you make last year that were empowering for you?

A. What were some of the most important decisions of last year for you?

B. What decisions might you make this year as a result?



Step 2: Get Certain.

A great way to become certain that you really can achieve big goals is to look back and remember what you have already done in the past.

Go ahead now and create certainty about your ability to take anything you can dream about and make it real for you.

1. Write down anything that is in your life now that was once merely just a goal, dream, or desire. What are some of the big and/or little things that you did or now have that at one time, seemed extremely difficult or impossible to achieve or acquire?

2. Review the above and highlight the two or three items on your list that seemed the most difficult or impossible to achieve.
3. For the two or three items you circled, go back in your mind see what you saw then, feel what you felt at the time and write down the steps, things you did, or didn't do that you can recall going through that turned each one into a reality. You may not have done it consciously, but it's likely that something stimulated you to want them- so much so that it may have become an obsession for you.

4. Think about it, did you focus on it continuously? Did you put a lot of emotional charge into it? Then what? Did you create a plan? Did you tell everyone what you would do? What were the steps you went through?

Now take a moment to reflect upon what you just wrote. What did you learn about yourself?

Finally, go ahead and spend 3 minutes completing your 'wheel of life exercise on the next page. Feel free to change the categories to suit your personal preference. We will assess and discuss the results during our workshop!

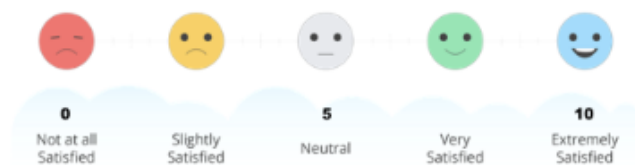
Where Are You Now?

Your Wheel of Life Exercise



INSTRUCTIONS

To fill out your Wheel of Life, score your level of satisfaction in each of the seven areas of your life. Zero being that you are not at all satisfied, and ten being that you're extremely satisfied where you're currently at.



Ok, you can take a break now! If you are an over-achiever, no doubt you will read on, that's great! Don't complete anything more though, we will go through the next-steps at the event but feel free to read through the process and what you can look forward to.

The following Sections are for the live event only.

Feel free to read through

The live event starts with an inspirational/motivational talk about attitude, success and flying-high in life. It's called "Dare to Dream - Fly High. The workshop element will commence after that.

Step 3: Get Excited!

Here is a summary of the next steps to be done at the event:

1. Taking each of three life categories, you will list all of the things that you want to have, be do, experience, learn, understand, be capable of etc.

You will have just six minutes to do this for each category. We will be writing fast, keeping the pen moving at all times.

2. Go back over the list you just made and indicate by when you want to have achieved this i.e. Within 1 ,3 ,5 ,10, 20 years

3. Next, select your top three 'one year goals' and for each one you get emotionally charged by it by writing a paragraph or so, as to why you will & must absolutely achieve this goal. Perhaps start by writing, 'now that I have x (X being your goal) I!' or, or "I am really grateful for having X because now I' .

From page 14 of this workbook there is a place to write this paragraph, but remember, you can do your own creative thing and use anyway you wish.

CRITICAL SUCCESS FACTOR -

What you write at this point will become your big WHY! Your vision for yourself, it must be powerful, inspiring and must move you. This will become the 'reason' for everything you do every day. If it doesn't move you, find better REASONS for the goal or change the goal!!!!

Next, (optional but recommended) you'll write a paragraph about how it will feel if you FAIL to achieve each goal! Ouch! We then repeat the process for the next two categories.

Finally, once we have all of our top one year goals in all three categories written down, we will revisit them and decide and define the "next" or 'first step' to achieving each goal. Then DO IT together at the event where possible!

Ready? Here's the first step ...



Life Category 1. Personal Development Goals

(This includes Physical Body, business, Growth -mental, spiritual, social, skills etc.)

List all of your wants below, and when complete do to 'Step 4 - Get Focussed' and put a number next to each goal to represent 1,3,5,10,20 years from now.

Goal	By	Goal	By

Goal	By	Goal	By

Step 5: Get Committed

From part 1 above, identify your top three money-related goals and enter them into the sheet called "Goals Overview" on page 19.

Then, go to page 20 onwards ('My Big Why's') and for each selected goal, explain exactly why you absolutely must achieve this goal NOW!!

Now we repeat the process for....

Life Category 2 - Focus.

Things/Toys/Reward Goals (to have, own or do).

List all of the material things you would like to own / have or do and then put a time limit on each ranging from 1,3,5,10,20 years.

Goal	By	Goal	By

Goal	By	Goal	By

Category 2, Commit.

Again, identify your top three money-related goals and enter them into the sheet called "Goals Overview" on page 19.

Then, go to page 20 onwards ('My Big Why's') and for each selected goal, explain exactly why you absolutely must achieve this goal NOW!!

Finally, let's do the process again, this time in the area of...

...Life Category 3- Economic or Financial goals

List all of your Economic or Financial goals and then put a time limit on each ranging from 1,3,5,10,20 years.

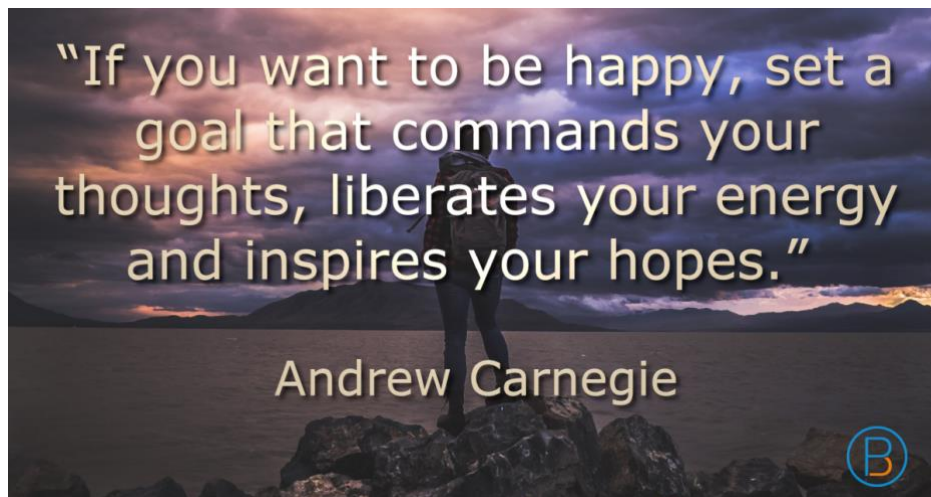
Goal	By	Goal	By

<i>Goal</i>	<i>By</i>	<i>Goal</i>	<i>By</i>

Life Category 3 - Top Three.

Identify your top three money-related goals and enter them into the sheet called "Goals Overview" on page 19.

Then, go to page 20 onwards ("My Big Why's") and for each selected goal, explain exactly why you absolutely must achieve this goal NOW!!



Goals Overview

Goal Category	Goal	First Actions (within 24 hours)	Achieved by Date
Personal Development			
Personal Development			
Personal Development			
Personal Development			
Personal Development			
<u>Things /Toys</u>			
Things /Toys			
Things /Toys			
Things /Toys			
Things /Toys			
<u>Finance / Money</u>			
Finance / Money			
Finance / Money			
Finance / Money			
Finance / Money			

My Big Why's - Category 1 - Development

Goal 1:	Achieve Date:
---------	---------------

I must absolutely achieve this goal because:
If I don't achieve this goal it will mean that:

Goal 2:	Achieved Date:
---------	----------------

I must absolutely achieve this goal because:
If I don't achieve this goal it will mean that:

Goal 3:	Achieved Date:
---------	----------------

I must absolutely achieve this goal because:
If I don't achieve this goal it will mean that:

[Back to Goals](#)

My Big Why's - Category 2 - Things

Goal 1:	Achieved Date:
I must absolutely achieve this goal because:	
If I don't achieve this goal it will mean that:	

Goal 2:	Achieved Date:
---------	----------------

I must absolutely achieve this goal because:
If I don't achieve this goal it will mean that:

Goal 3:	Achieved Date:
---------	----------------

I must absolutely achieve this goal because:
If I don't achieve this goal it will mean that:

[Back to Goals](#)

My Big Why's - Category 3 - Finance

Goal 1:	
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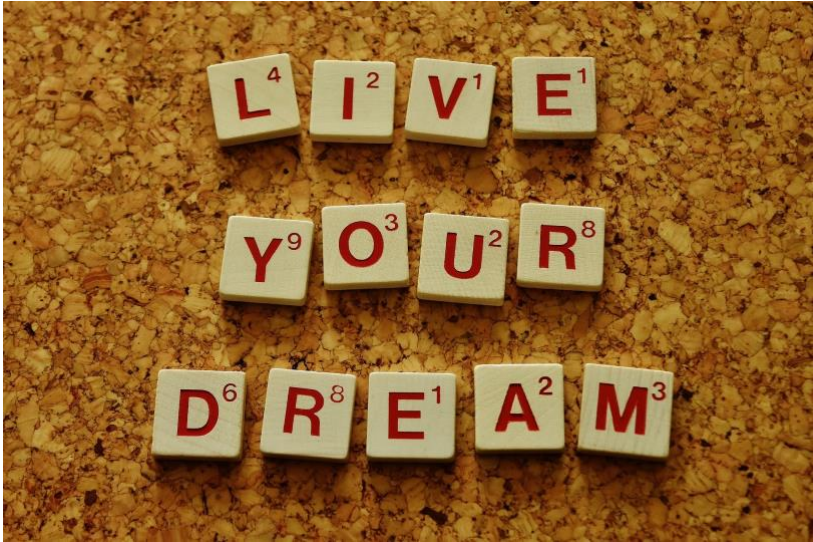
I must absolutely achieve this goal because:
If I don't achieve this goal it will mean that:

Goal 2:	Achieved Date:
I must absolutely achieve this goal because:	
If I don't achieve this goal it will mean that:	

Goal 3:	Achieved Date:
---------	----------------

I must absolutely achieve this goal because:
If I don't achieve this goal it will mean that:

[Back to Goals Overview](#)



...The Next Steps.

CONGRATULATIONS! Now you have up to nine of your 'top goals' for the year ahead. So what's next?

You'll notice that your 'Top Goal' sheet has room for additional goals. This space is for the goals and objectives that you may have forgotten about or those that you listed which, although not in your top three, you still wish to also carry over as a priority this year. Add them to your 'Goals Sheet' and then repeat the process as you did earlier.

(Optional Step) I recommend you'd this after the workshop in your own time. This workbook is meant to be a work-in-progress subject to frequent revision, re-work, update and action. (Please read that again!).

- (Optional but recommended) On your 'Top Goals' sheets (pages 18-22), beneath your compelling reasons **to** achieve the goals, add a paragraph about what it will mean to you if you **fail** to achieve this goal, either in the time frame you have indicated or worse at all! In other words, what pain or discomfort will you have by not acquiring this goal.

Step Six: Get Momentum

- As Tony Robbins says "YOU MUST NEVER leave a session of goal setting without first taking ACTION".
- Decide now what the 'first' or 'next step toward these goals is. For example, if you included a new car, call and arrange a test drive, or to get a brochure, if new property is on your list, collate a list of properties to go and see, do something, anything to start the journey, do it TODAY!! Always do something to create movement and momentum once you have set a goal. List your first actions in the column on the "Goal overview" page on page 19
- Print this, or re-write in another format as you prefer & Post your goals somewhere that you can SEE & READ & FEEL them EVERYDAY!!

- Create a 'Viz' board or 'viz video' to represent the goals that you have set. Use the power of your imagination to make the feelings of accomplishment real, at least twice per day.

Step 7: Plan

Most won't measure or review their goals again until the next New Year! Don't be like those people! You must measure and your progress quarterly, monthly and weekly. You must plan, plan, plan.

Schedule your twelve-month goal in a dairy or calendar and plan backwards.

For example, if your goal is to earn 100K in twelve months. What therefore would be your Q3 target? Q2? And Q1? Write it in. What is the monthly target? Map it all out on a spreadsheet, a year planner or any format that gives you 'track-ability'.

What is it you feel you would need to start doing each day, each week to get to that first monthly target? Thereafter, the quarterly target and so on. It does not matter if the way it actually happens, or the way you do it is different to the plan or not. Newer, better ideas will come up as you get focused. New opportunities, new people and new ideas will all start to surface. What matters is that you have a framework to get started with. Like clay on the potter's wheel, you will mould and perfect your goals and progress as you go. We are all a work in progress.

Each Sunday, I meet with my coach/associate online and we review our last week's activities and plan the next. We discuss weeks "wins" and "learn-froms" and constantly weigh-up progress against the goals and objectives.

This means that each month, each quarter we can review how we are doing. I strongly suggest you do the same. This way, if you have fallen behind, (which is going to happen and normal!) it is here at this early point, where you make an adjustment - make more sales calls, qualify your leads more effectively, arrange more meetings, budget better, make savings etc.

But, if you do as most do, and not review again until the end of the year, you will find yourself so far off track you will feel you can never get back and time will have run out, leaving you frustrated, feeling like a failure and with an opinion that setting goals doesn't work, when the truth is, it was YOU that didn't work! (Ouch!!).

CRITICAL SUCCESS FACTORS

- Spend 30 minutes per day 'imagining' that you have already achieved these goals and **be GRATEFUL FOR THEM as if you already have them!**
- Set up or join a professional Mastermind Group to be accountable for yours' and other people's goals. At least join the PB private Facebook group to keep in touch, keep on track and be ready to help anyone that loses momentum. (We all do sometimes).
- Sign up for a coaching programme to get professional support to ensure you stay on track and smash through challenges and limitations that **will** occur on the journey. You will be amazed where resistance comes from once you start achieving your goals! A coach keeps you focussed, on schedule, accountable, and challenges your thinking maximising your ability to succeed.

Let's look deeper into some great habits to get into...

Discipline

If you look at your life and take an honest look, ask yourself what thoughts, what beliefs, what habits and patterns got you to where you are today?

**A disciplined mind leads to happiness,
and an undisciplined mind leads to suffering.**

- Dalai Lama XIV

Everyone knows how to do a better job in any given area of their life than they are doing presently, but "know-how" is not the problem. The problem is we are not doing what we know how to do!

Jim Rohn says "Discipline is the bridge between goals and accomplishments" and from my experience, this is bang on! One area I used to really suck at was getting up in the morning. Now, my day starts at 4 a.m. I have more space in my thinking and more time in my day because I have the discipline, even if I don't feel like it, to get up in the morning before others do. This results in more clarity, more daily actions and better results.

Do I always feel like it? No!

Do I always feel like going to the gym or for a run? No!

But I do it anyway... well.... most of the time!

The most crucial variable in behavioural change is pushing yourself to **behave differently than the way you feel**. Now, there will be good days there's going to be "learn-from" days, but you have got to embrace it because that feeling of discomfort is the very thing that will make you stronger.

Someone said: "Success is not made only on the day the sun shines, success is also built on the dark, stormy, cloudy days too". If you can't absorb failure now, you're never going to meet success tomorrow. "It is not the smartest people that achieve success. It's the people that procrastinate less and make fewer excuses as they take steps every day towards the goals that they want to achieve".

So how do we handle the days when we just don't feel like it? This is where knowing your 'why' comes in. 'WHY' you want or need a particular goal is critical.

It is, for this reason, I asked you to get emotionally attached to your goals. Being emotionally connected to the reason 'WHY' you want to be, for example, fitter and healthier, 'WHY' you want more money, 'WHY' you want a better job - It really matters.

Absolute clarity as to your '**WHY**' will make the difference between ongoing success and quitting. No goal ever failed because the goal was too big, it they fail because the why was too small. (See how big my "why" is there?)

Also, you must start building your '**do it now**' muscle. Begin to notice those things that you almost instinctively want to avoid or put off, even the small things, such as making your bed as soon as you get out of it, doing the dishes after dinner and certainly before bed time, putting your clothes away!

When you hear the whisper of "that'll do" or "I'll do it later"! DECLARE to yourself:

"NO! - I'm a 'DO IT NOW' Person"!

You'll be amazed by the psychological difference this makes.

"Discipline is choosing between what you want now and what you want most."- Abraham Lincoln

Apply your new standard of living for thirty-days or more, and you will find the new behaviour will start to become automatic, just like brushing your teeth! Wait a minute; you do brush your teeth every day, right?

As a treat, I am sharing a motivational video with you. You can watch it here: <http://www.paulbellard.com/discipline/>

There are thousands of similar videos on YouTube. Collate a few, put them in a playlist and watch them each morning instead of scrolling Facebook, watching or listening to the bad news or reading the snooze-papers!

A Morning Routine

Linked to 'Discipline' is a Morning Routine.

Before I continue, I am not going to falsely state that waking-up early will make you more productive and successful—there's no difference in socioeconomic standing between early risers and night owls. But what will make you more productive and successful, is becoming **consciously deliberate** about how you choose to live and work—including what you eat, your exercise AND your wake-up routine.

Whenever I discuss this matter with a late-riser or a so-called night owl, I often hear the same thing; "I'm an 'XYZ' type of person". My answer is always the same too. You are the person that you choose to be. What I mean is that we are all who we are because of our choices. Our brain is 'wired' by our repetitive thoughts and habits to be that way. Choosing to get out of bed earlier and maintaining it over time, was a choice that repeated over time, re-wired my brain to be this way.

I too was once not the, quote, 'kind of person' to get of bed until after six or seven, but, having researched key-success strategies of the most successful people, one thing they had in common was an early start.

So, I decided to do the same. I gradually got up earlier and earlier until I rewired my brain to become a new type of person. Now, if I am still in bed at 6 a.m. I feel like I missed out on the best and optimum part of my day. I don't like how that feels at all.

My morning routine and that I recommend to you includes exercise, (gym or running track), meditative prayer, and visualisation. I feel gratitude for "what is-as is" and have appreciation for the desires of my heart in the future, which I do by imagining they have already been achieved.

"Therefore I tell you, whatever you ask for in prayer, believe that you have received it and it will be yours".

Mark 11:24 (note the past tense).

I also have a robust bedtime process. I 'book-end' my days.

Me-time | My Day | Me-Time

During 'me-time', my phone is off. As a general rule and guiding principle, you won't get me on a phone from around 9:30 pm to 9 am or even later sometimes. Periodically, I even have a whole, blissful weekend with all electronics switched off!

Incidentally, I mentioned habits of the successful, they also include:

- Reading - every day,
- Investing, they take calculated risks, exercise delayed gratification,
- Make sacrifices in favour of their goals and dreams,
- Self-improvement is a habit,
- They Network,
- Exercise consistently,
- Daily meditation to think about goals or reflect on emotions, relax.

...Something to think about!

Forgiveness

I want to acknowledge upfront that I realise for some, what follows may appear crass, insensitive and worse, it may even seem that I am letting offenders off lightly, maybe also taking their side but I promise you, I care deeply about people, all people.

As a former police officer, I witnessed the worst of humanity. I naturally want justice to be served and offenders punished for their behaviours but not be condemned as human beings. I was involved in the in the investigation into an infamous case of two young boys abducting and murdering a toddler, for example. Enough of that story here, but I mention it only to candidly explain, I am not naïve to worldly events and worse, what some readers may have experienced in their lives.

*"The act of forgiveness takes place in our own mind.
It really has nothing to do with the other person."*

-Louise Hay

That said, I choose not to give perpetrators and offenders any of my power and energy. After leaving the police force, I, by conscious choice, decided to trust humanity again. It took me over two years to achieve it.

If you are female reading this, and have been in any way, assaulted or harmed by a male, then as a man, I wish to apologise to you on behalf of all of the real men in this world that respect, love and hold dear all of the gifts that you bring into this world.

I shall begin.

The subject of forgiveness is so essential to your health and wellbeing; it appears in many great pieces of work across a broad spectrum of genres created by many great names.

Vishen Lakhiani, founder of 'Mindvalley', features forgiveness in his essential work "The Code of the Extraordinary Mind". Therein, he discusses what he calls "Blissipline" - a system for mastering happiness in the now and feeling genuinely joyous. He says that to liberate yourself and truly forgive you must let go of grudges and anger because doing so, is the single most powerful conduit to a relaxed, powerful state of mind.

Eckhart Tolle wrote: "It seems that most people need to experience a great deal of suffering before they will relinquish resistance and accept — before they will forgive. Through forgiveness, which essentially means recognising the insubstantiality of the past and allowing the present moment to be as it is, the miracle of transformation happens not only within but also without. A silent space of intense presence arises both in you and around you".

Tony Robbins says that "the difference between those who are able to move on and prosper in future and those who get mired down is forgiveness. Forgiveness allows us to stow that baggage where it belongs. After all, how can you ever start out on a new adventure without unpacking your bags from the one before?"

"To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness."

- Robert Muller

Forgiveness occurs when we, not only let someone off the hook for something but more importantly, decide that there was no reason for them to be on the hook in the first place. Read that again; it is very profound and very important.

It doesn't mean we have to 'forget', just as long as you are wise enough to use your past as a library; a place of reference but not a place to live.

Forgiveness is when you give up your permission to use what they did as an excuse for your own behaviours, responses, limitations and failures.

When you hold on to hurts, you create a 'structure of knowing' called a 'characterisation', which becomes a mental 'structure' or 'story' that contains all of the things they did, all of the times they did it, all your judgements about them, all the things that you know about the way you think they were or are.

These characterisations use up a large proportion of energy to remain alive and fuel your hurts, anger, sorrow, and so on. Over a prolonged period, almost ALL of your energy will be tied up in keeping those characterisations alive instead of allowing you to use your energy for more empowering pursuits elsewhere; such as your goals.

Why is this important? Because having read this book, you will be aiming for success over the next six-twelve months. Everything you are seeking involves 'energy' of one kind or another. Love is an energy, money is an energy, non-forgiveness is energy too, but you need all of the energy you can muster to focus forward and on the now - not backwards.

When we develop a characterisation about a person, we ascribe to them a reason why we are not successful, not wealthy, not in a relationship, not happy. But, when we forgive, we systematically dismantle our mental structure about them and how they hurt or injured us in whatever way they did, and we release ourselves to be free of it all. The other party may never even know you forgave them, but the reward is that you become free of both them and what they did.

I could write a whole book on this subject, and indeed, I go into depth, including a 'letting go' process in my talks. For now, though, I wanted to alert you to the need to forgive, let go and release yourself.

What follows is a forgiveness process. Because I read so much, I can no longer remember from whom I learned this, but it is one of many that I used and the one I come back to time and again. I wish I could give the attribution and credit, but I simply don't know. If you do know, feel free to tell me I will happily append it.

*"True forgiveness is when you can say,
"Thank you for that experience."
- Oprah Winfrey*

We will do this process at the event AND you might want to repeat it at home too so here it is written out for you.

You will need some quiet time, pieces of paper, one for each person to be forgiven, and something with which to write. This process might be uncomfortable to do, but it is essential to letting go and moving forward towards your dreams and goals.

Choose someone that you are ready to forgive. I suggest you choose one that is easier to forgive. My experience tells me that offenders then parental figures are often the hardest so best to leave those until you have had practice on the more minor hurts, for example, friends or colleagues.

Whoever you choose, choose someone about whom you are in touch with all of your feelings about them, someone for whom you have a full and vivid characterisation.

Now, take a piece of paper and draw on it an oval or circle that fills the entire sheet and put the person's name at the top of the circle. Fill the circle with all of your judgments and characterisations about that person. What are their flaws, issues, attitudes that bother you? Be unmerciful, be picky and go to town on them. I know it sounds harsh, but if these thoughts are occurring, they are inside of you and need to come out. Keep writing until you can't write anymore.

Take a moment now to realise what a significant step you have just taken in the process of forgiveness. Re-read what you wrote and check that you got everything you can think of out and onto this paper. When you are happy that you have written everything down, now write the following words...' and everything else'. This statement is to take account of the chatter-box if it later thinks of something to complain about.

Now, in a quiet room, have your sheet of paper on your lap beneath your hands.

Imagine there is an empty chair in front of you, see the named person enter and

sit on that chair. Take a deep breath and answer these three questions:

1. Are you willing to let go and forgive this person for all of those things on your piece paper? Yes, or no? Answer silently in your heart.
2. Are you willing to forgive this person absolutely? Meaning - can you now stop telling yourself and others the stories you have been replaying over the weeks, months or years about them and the effect they had upon you? Yes, or no?

(This means that in the future if you catch your mind replaying a story about this person, you must interrupt it and remind yourself that you have already forgiven these things and they are gone).

3. Ask yourself "Am I willing to forgive this person unconditionally? Yes, or no? Assuming you have three 'yes' responses, let's continue.

There might be some things you want to say to this person as they sit on the chair. Allow yourself to say those things right now. Don't hold back. Speak what is in your heart.

All done?

Next, is there something you think they might want to say to you? Let your imagination tell you what they want to say.

Finally, it is time for the person to leave. Imagine them now standing up, saying goodbye and walking away. Allow your mind and heart to create this moment. What is happening? Are you smiling? Did they look back and say thank you? Or wave goodbye? How are you feeling now?

Finally, take that piece of paper and rip it up or as I do, I like to burn them ceremonially. It acts as a final release and letting go.

I want to thank you for joining me on this 'goal-setting' workshop. If you knew the hundreds of people that had the same opportunity to be here with us, but failed to see the opportunity, you would realise just how special you are for stepping up and out of the crowd. You have my respect.

Do check out my other services in the section below and if I can be of any further assistance to you, I am here.

I sincerely wish for you every success and that this year, truly is your best year ever!

To Your Success!

Paul

Paul is a dedicated life-long learner and specialist in, and offers training and talks on, the following subjects:

Corporate Training:

- **Quantum Leadership** - Know Thyself! - Emotional Intelligence in Effective Leadership
- **Communication Skills** - Clear, Concise, Corporate Communications
- **Time Management / Planning Skills** - Save One hour per day
- **Customer Service Excellence** - How to connect-in-service and create 'raving-fan' loyal customers that will refer you.

Keynote Talks:

- **WARRIOR of Change.**
How to embrace change: those you plan for and those you do not!
- **Dare to Dream - Flying High** - How to adapt and adopt new attitudes to achieve new altitudes in life, business and career.

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