



## FOCUS FOR SUCCESS—2018

The beginning of the year is a critical time for organizations. It's the time of year when many people think about, and plan for, the goals they want to accomplish and how they will help their organizations succeed. Unfortunately, most New Year resolutions and goals are never achieved—not because of insufficient effort or intelligence, but because of the lack of an effective goal-setting and achievement process. As the year progresses, people can become distracted and discouraged.

If you want to help your people achieve their goals, you need a process that leverages science-based goal-setting and execution strategies.

Strata Leadership's new program *FOCUS FOR SUCCESS* teaches an evidence-based method and an actionable blueprint for setting goals, planning execution, maintaining focus, sustaining motivation, and creating accountability that can help anyone achieve at a higher level and reach their goals more quickly.

### IN THIS COURSE YOU WILL LEARN HOW TO:

- Set effective goals and build your confidence for attainment
- Create a strategy to achieve your goals
- Help others create effective goals and produce greater results
- Plan a strategy that accelerates your achievement
- Determine which tasks create the most impact
- Build momentum and keep yourself motivated throughout the year
- Harness and manage your most precious resource... your energy
- Break through overwhelm and overcome "the dip"
- Build a system of accountability that will keep you on track for achievement in 2018

### COURSE OUTLINE:

1. Driving Toward Success—How Goals Are Achieved
2. Clarifying Your Goals—Planning 2018 Achievement
3. The Only Way to Really Win—Goal Alignment
4. Building Momentum—Executing With Excellence
5. Mastering Motivation and Energy—Be Your Best Everyday
6. Building an Accountability System—Leveraging Support and Resources
7. Focus for Success—Keep Focused and Reach Success

### SPECIAL BONUS!

*Every participant will receive a FOCUS FOR SUCCESS weekly planning guide. This one-page, weekly planner and dashboard will help you stay on track and maintain momentum.*

### DELIVERY OPTIONS

*FOCUS FOR SUCCESS 2018 can be delivered in one of four formats:*

- Full-Day Live Instructor-Led at your location.
- Full-Day Online Instructor-Led: The online delivery option consists of 3 modules delivered across one day via webinar format. Each module is 2 hours in length, followed by a 60 minute break.
- Half-Day Live Instructor-Led at your location.
- Half-Day Online Instructor-Led: The online delivery option consists of 2 modules delivered across one day via webinar format. Each module is 90 minutes in length with a 30 minute break between modules.

Each participant will receive a Focus for Success Workbook and the Focus for Success Weekly Planner worksheet with reproduction rights.

Please Note: This course is limited to 24 participants due to the level of interaction, activities, and coaching that take place.