

## FOCUS FOR SUCCESS

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***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 FOCUS FOR SUCCESS program 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

### **COURSE OUTLINE:**

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