## **ULTIMATE GOALS CLUB**



# INFLUENCING TO CHANGE THE WAY YOU LEARN, LOVE AND LIVE.

The Ultimate Goals Club is a 9-month coaching/accountability program whereas a group we meet face to face once a month in a 3-hour workshop to give us the space to work on ourselves.

We have mid-month accountability catch up's on zoom to ensure we are on track and support each other.

We meet 1:1 initially to give you all the support to make the most of the program.

#### WHO IS IT FOR?

This program helps people who are feeling stressed, overwhelmed and don't spend any time for themselves in life or on understanding how and where their life is heading.

#### **HOW IS ULTIMATE GOALS DELIVERED?**

Ultimate Goals Club commences with an audit of your life to understand where you are currently. From there we can get clarity on who you are (values, strengths, beliefs) and what you want to achieve. The outcome is a clear vision and your next 12 months goals.

Every month when we meet, we move into teachings/learnings to stretch and challenge your thinking and take you out of your comfort zone. All the while you are being coached and surrounded by liked minded individuals. The coaching will support you to set goals every month and keeping you accountable while sustaining longer term transformational change.

You will leave goals club mastering the habit of goal setting and having the confidence and belief in yourself, ultimately becoming the better version of yourself.

### **CURIOUS TO KNOW MORE?**

Does this interest you, then get in touch at dorodea@netspace.net.au to set up a 20-minute coaching session to see if we are suited and to explore next steps.



A mind that is stretched by a new experience can never go back to its old dimensions.

- Oliver Wendell Holmes Jr







