

5 to Thrive



**An accelerated GOAL achievement method
for busy professionals**

With Brenda Abdilla PCC Coach/Author

Even the most successful among us occasionally feels a bit of overwhelm and inability to focus on the critical tasks at hand. Most of us have ten, or twelve (or more) very, very important goals to be attained in work and life which adds pressure to the whole program.

How valuable would it be to have a sense of clarity, direction and focus? To know what comes first—what matters most and then feel internally fueled to go after it? This state of clarity and direction can be achieved by working with your amazing brain instead of against it. Right below the surface of the chatter is your subconscious mind at the ready to problem solve, align priorities and activate the resources you need to attain your goals.

In this interactive workshop participants will learn

- Why you can forget about S.M.A.R.T. goal setting and instead use your subconscious mind to your advantage.
- How to use the Five to Thrive:
 - Ask the BIG question.
 - Assess values.
 - Prioritize with all things considered.
 - Predict (and overcome) obstacles.
 - Plan it.
- Useful (and fun) exercises that you can apply in the workshop today and in the future.

*Very useful and fun. I will pause each day to review
my goals consciously and subconsciously too.”*

5 to Thrive Participant/Real Estate developer

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Move Your Career Forward

with BRENDA ABDILLA