



O'Neill
KINESIOLOGY COLLEGE

goal setting seminar

SUNDAY 19 JANUARY 2025 9AM - 1PM \$40PP

Eliminate stress and uncertainty in 2025 by taking control of your future. By learning how to set and achieve your goals, you can take charge of your life. This goal-setting seminar will equip you with the tools to excel and become your best self in all key areas of your life, such as:

**Self-Esteem • Health + Fitness •
Relationships Career/Lifework •
Finances • Communication**

You will receive a specialised workbook, designed to help you craft and track your goals in a meaningful way.

Enhance your life with greater joy, fulfilment and growth.

ACHIEVE YOUR

goals

IN 2025

