

# INTENTIONAL 2018

## *Goal Strategy Sessions*

GAIN CLARITY AND FOCUS, ACHIEVE  
MEANINGFUL CHANGES AND SET UP  
2018 AS YOUR BEST YEAR YET WITH A  
CREATIVE AND INTENTIONAL GOAL  
SETTING PROCESS.

*Be intentional about making the changes you wish for 2018*

*Align your goals with what is meaningful to you*

*Identify the small steps that will add up through consistent action to  
reach your goal.*

*Come away with clarity around your goals for the year, with specific  
goals, projects and actions for the first 3 months.*

Goal strategy sessions  
Wed 17th or Thurs 18th Jan 2018  
1 ½ hours in person (or Skype)  
plus preparation exercises and follow  
up resources  
\$150 per session (incl GST)

*Contact me to book in your time*

*[jill@emergesupervision.nz](mailto:jill@emergesupervision.nz) or 0273 885 700*

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## Testimonial

**Cindy worked with me on a Goal strategy session in 2016. Here is what she says about it...**

*I had reached a stage in my life where it was the right time to re-evaluate and reassess my working role and how I wanted this to look in the future. I felt I had hit a bit of a stumbling block and was not quite sure how to push past this.*

*It was really beneficial actually setting aside time and sitting down and talking through my work related concerns, ideas and options with Jill and putting these onto paper. We also identified my skill set and what I draw strength from and what I wanted to see for myself in the future. I particularly enjoyed the creative application Jill introduced to this process and the visualisation tools to help formulate my plan and goal setting. Completing the goal setting intensive action sheet helped to keep it all real and ensured I remained accountable and focussed on what I wanted to change in my work life.*

*The biggest change is that it has led to a whole new career opportunity for me that I would not have necessarily had the ambition or confidence to embark on had the goal setting strategy not been undertaken.*

*So if you are thinking about joining a Intentional 2018 I say "Go for it!" Jill has an easy relaxed manner whilst still being able to get to the important stuff, the nuts and bolts of what is going on. She is able to bring her wealth of insight and expertise to help make goal setting an enjoyable, meaningful and potentially a life changing experience. So if you are thinking about joining a Intentional 2018 I say "Go for it!"*

*Cindy Foulkes Trainee Hearing Therapist*

**Contact me to book in your time: [jill@emergesupervision.nz](mailto:jill@emergesupervision.nz) or 0273 885 700**

If January is not going to work for you "Too busy at the beach" contact me so that we can arrange a time in February