

Living From the Inside Out

- * Discover your values
- * Explore your strengths
- * Develop Guidelines
- * Learn a journal process that helps you set and achieve your goals
- * Plan for the year ahead

Helping you build the path from here to your dreams.

Lynn Corrigan Consulting

Giving dreams life through mission, vision and values based consulting and training for businesses, organizations and individuals

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Living From the Inside Out:

Discovering and using personal values and goals to create a path to the life you want.

Canmore 2010
Friday, February 26
7:00 to 9:30 PM
Saturday, February 27
9:30 AM to 3:30 PM

Step 1

Learning from your life.

*At first dreams
seem impossible,
then improbable,
then inevitable.*

Christopher Reeve

The workshop introduces a way of learning from your life and your work. It leads you to discover your values and the goals that flow from the way you want to lead your life. It provides a planning process to help you achieve what you set out to do using values and guidelines that are meaningful to you.

You will reflect on the past year, and discover the paradigm that shaped

Step 2

Letting values point the way

results during that year. Then you will decide what paradigm is likely to get more of the results you want and the three or four values that are most important to you.

You will review the roles you inhabit, and get a snapshot of how your roles operate and how satisfied you are with your **performance**. You will choose the role that will be your main focus for the next year.

You will explore goals for each role, pick your top 10 goals for the coming year, and write three guidelines to help you stay on track.

Finally, you learn a planning process that will help you map the journey to make your vision of the future a reality.

Workbooks are provided.

Step 3

Mapping the journey.



To Register:

You may register online at lynncorrigan.com

Directions to the workshop site in Canmore will be provided on registration. For more information call Joan Gregory at 403-609-2013

Workshop Costs: \$75.00 plus a donation for the facilitator..