

# Goal Setting & Personal Success



WOMEN IN AUTOMOTIVE



JANITA FRIEND

INSPIRING YOU TO DESIGN THE LIFE YOU DREAM OF.  
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Do you have goals you are still yet to achieve? Do you have the same goals year after year that you never seem to come any closer to reaching? What are you doing that prevents you from reaching your goals?

Discover how to remove the obstacles stopping you from reaching your goals.

Janita Friend, life coach and founder of Designer Lives will address these questions and more, giving you insights into your own goal-setting behaviour. Janita draws from her extensive background and qualifications in coaching, communications, public relations, management, training and career education.

This interactive seminar will include exercises designed to teach you to change your thinking and set you on the path to goal achievement. Content will include The Way we Set our Goals, The Types of Goals we Set, the Four Levels of Thinking and the Principles of Success.

**Venue:** VACC House  
Level 7, 464 St Kilda Road  
Melbourne, 3004

**Date:** Wednesday 2 December 2009

**Time:** 6:00pm – 8:00pm

**Cost:** \$20.00 (incl. gst) per person

**Register** your attendance for the night by faxing this completed form to **Sejal Shah** on **(03) 9866 1168** or post to the above address by **Friday 27 November 2009**.

*Please note that a refund will only be provided if you cancel your registration at least 48hrs before the event.*

Name/s: .....

Company: .....

Position/Occupation: .....

Address: .....

Postcode: .....

Telephone: ..... Fax: .....

Email: .....

Method of Payment:  Cheque or  Credit card  
 Diners  Amex  MasterCard  Visa

Card Number: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Expiry Date: \_\_\_\_ / \_\_\_\_ CCV Number: \_\_\_\_\_

No of attendees: ..... @ \$20.00 (incl. gst) each = Total amount: \$ .....

Cardholder's name: ..... Cardholder's signature: .....