



KATE CHRISTIE
TIME INVESTMENT EXPERT

How to Set and Smash Audacious Goals

The research is clear - people who set written goals are significantly more likely to achieve their goals than those who don't. If you want to take the success of your team/ audience to the next level, it's time to educate them on the Why, How and What of goal setting.

Kate shares:

- Her unique 5 SMART Step goal setting framework
- How to align your goals to your values
- How to mind map your goals and action them
- Marathon versus Sprint goals
- Reframing your goals
- How to make them happen!

Options:

This interactive and engaging goal setting workshop/ masterclass is 100% tailored to your organisation's business plan and your desired outcomes, and includes the following options:

- **5 Year Team Plan:** a 1 day workshop targeted at high performing teams and leadership groups where your audience will work together to articulate and

document a full written suite of marathon goals broken down year by year into agreed sprint goals/ actions

- **Individual 1 Year Plan:** a 2 hour workshop targeted at individual business owners or teams looking for an introduction to smart goal setting. Individuals will leave the workshop with a minimum of one written 5 year goal broken down into a suite of short term 1 year sprint goals/ actions
- **45 Minute Keynote:** your team will leave with the framework, knowledge and structure needed to set and smash all of their goals

Bespoke:

It is important to Kate that her content and the strategies she provides are 100% tailored to your audience/ team/ working environment/ industry. Kate ensures this by surveying your audience via a short anonymous survey to identify individual/ team aspirations and key time pain points getting in the way of setting and achieving goals.

*We recently engaged the lovely Kate Christie to speak at our annual conference. Kate was a keynote speaker, first thing on Sunday morning, it's a tough spot after a gala dinner the night before however, she was exactly what we needed, an absolute breath of fresh air. Our attendees raved about Kate's keynote and she had many people opting in for her additional workshop (How to Set and Smash Audacious Goals), which immediately followed. Kate was also kind enough to stay for morning tea, allowing our attendees to ask more questions or simply to say hello! Kate is delightful, incredibly informative and engaging. Time Management is an everyday struggle for everyone and a common challenge that we all relate to. If you're looking for a topic that will provide your audience with practical skills and strategies, delivered in a positive and relatable way then Kate Christie is your speaker! I couldn't recommend her more highly. - **Katie Jackson** Head of Marketing, National Dental Care*

*Kate was such an engaging speaker. I took so much from my time with her and feel she spoke to people across all ages, demographics and stages of business development and as a small business owner, new mum and partner I could take so much of what she said and apply it to various aspects of my life. - **Anon***