



You Can do it! WORKSHOP



Purpose

Participants move from wanting, thinking, and imagining, to taking action and implementing their goal, vision, or dream with new awareness, strategic tools, and a roadmap to achieve their goals.

Learning Objectives

- Participants learn what it takes to move toward and complete their goals. (Get out of your own way and follow-up with specific actions.)
- Participants practice applying new tools for self-motivation and achieving their goals.

Topics

Motivating Book – You Can Do It!

- Positive Attitude, Overcoming Setbacks, Persistence, Staying With It, and Not Quitting
- Believe in Yourself to Make Something Happen (Self-Efficacy)
- Take actions (do something each day) to improve your life and achieve your goals
- Application during the workshop

90-Day Action Plan (for each person)

- Goal Setting
- Planning Process and Actions to Achieve Your Goals
- Application (complete the form) during the workshop

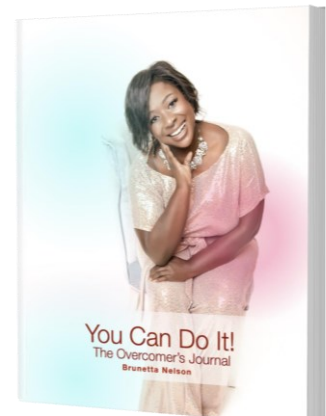
Materials

You Can Do It! (80 pages)

- Each participant receives their own copy.
- 60 Days of Motivation (Inspiring Stories and Reflective Worksheets).
- For each day, each story has an introduction, the story, and a reflective question.
- Examples by workshop facilitator. Participants practice during workshop.

90-Day Action Plan Worksheet

- Goals/Vision/Dream and Ideas
- Resources and Considerations (Who can help you, What can help you, Challenges)
- Participants write their actions to complete next 30 days, second 30 days, and third 30 days



Follow-up

- 30th, 60th, and 90th day after the workshop – Zoom virtual meeting (1 hour)

Time

- You Can Do It! Workshop (2-3 hours for individuals, 4-5 hours for organizations)
- There are specific workshops for Entrepreneurs and Authors

“I loved the step-by-step approach. I now have a path with things to work on.”

workshop participant

To learn more, please contact Dr. Brunetta Nelson.
Tel. 404-454-0967 bnelsonimprintproductionsinc@gmail.com

Copyright © 2024 Imprint Productions, Inc.