

We all get the exact same

**365** days...

...the only difference is  
what we do with them.



Did you start 2018 with great intentions and plans but now find other priorities taking up your time and attention?

Maybe, you are frustrated with your progress or are procrastinating on taking action on the things that matter most to you?

Or, perhaps, you are at a cross-roads in your life, seeking something different, wondering what next?

### Do you want 2018 to be your best year yet?

If you want 2018 to be your best year yet and be one of the 23% of people who see their resolutions through to completion, join us for **The Power of Purpose** which starts on Monday 5th March.

This online programme is very practical yet has been life-changing for many. It is ideal for anyone who wants to live a more purposeful and fulfilling life and become more effective at making things happen.

It takes place one evening a week over six weeks so that you can apply what you're learning to create the results you want in your life.

It's an online programme which means you can participate from the comfort of your own home - or wherever in the world you happen to be. And, as it is a CPD-accredited course, it can count towards your ongoing professional development.

The course is led by two very experienced trainers who will use their wisdom and own experience with the Power of Purpose tools and techniques to help you each step of the way.

You will also have the support and encouragement of a group of no more than eleven other people, all individuals who are committed to making changes and living a life that is on purpose. Together, we will explore and learn from each other how to harness the power of purpose and live life as an exciting adventure.

During our time together, we will help you to:

- explore and clarify your key priorities and how to progress them
- uncover and let go of the – often unconscious – attitudes and behaviours that may be holding you back
- learn how to use purpose rather than pressure to motivate yourself and how to achieve results without stress
- discover how to overturn the procrastination habit so you can stay focused, whatever the distractions and difficulties
- establish meaning and purpose for yourself in all areas of your life so you bounce out of bed each day excited about the day ahead
- uncover your life purpose which will direct and inspire all of your efforts so you can live life as an exciting adventure

*“The course has helped me identify and clarify my life purpose.” Steven W.*

*“I’ve achieved more in the last six weeks than I have in ages.” Fiona M.*

**When:** from 18.30 to 21.30 (UK time)  
over six Monday evenings – 5th, 12th, 19th,  
26th March and 9th, 16th April. There will be no  
session on Easter Monday, 2nd April.

**Investment:** £495 per person, £250 for retakes.

**Register at:** [www.POP18.eventbrite.co.uk](http://www.POP18.eventbrite.co.uk)  
or contact Caroline Holt at  
[caroline@attitudecoach.co.uk](mailto:caroline@attitudecoach.co.uk)  
or on +44 (0) 7808 720150.

If you want 2018 to be your best year yet,  
register now to secure your place at  
[www.POP18.eventbrite.co.uk](http://www.POP18.eventbrite.co.uk)



building attitudes  
for success