

# The **1 YEAR** **VISION** **WORKSHOP**

**YOU MISS  
EVERY CHANCE  
YOU NEVER TAKE**



# ***A goal without a plan is just a wish...***

This science-backed **1 Year Vision** workshop is about creating a space to stop, take stock and think about where you would really love to be, in all areas of life, in 12 months time.



This workshop gives you the chance to think about what your non-negotiables are, the things that you **don't want to not have** at the end of the year in front of you.

The filter we look through in the 1Year Vision workshop gives you the benefit of hindsight in advance. Throughout the process, you will be able to see, with incredible clarity and foresight, what is most important to you in the long term.

As we explore the powerful neuroscience around goal setting you will start to see, with unprecedented clarity, how creating a Vision can give you the support you've needed.

In this workshop, you will have the opportunity to distill what is most important to you, create a simple 1 Year Vision for it and understand the mindset required to achieve it.

**Duration: Half Day**  
**Cost: \$4400 (up to 12 participants)**  
**Resources: 1 YEAR VISION WORKBOOK**

***All great changes  
are preceded  
by chaos.***  
— Deepak Chopra

***“The booklet that we  
wrote in inspired me  
and I was engaged  
throughout.”***

— Daniel N,  
Keysborough

***“It really helped me  
understand the  
background/  
unconscious thinking  
behind setting goals***

— Sarah M,  
South Oakleigh

***“It was really deep, it  
helped me organise my  
thoughts.”***

— Aya T,  
Caulfield