



**PROACTIVE
PERFORMANCE
AUSTRALIA**

FOUNDATIONS FOR SUCCESS

EDUCATIONAL SEMINAR

To achieve our biggest goals, it is important that you have a clear focus of what is achievable.

Our SEMINAR provides practical guidance and information on how to best create goals that protect our students greatest assets, their well-being.

Goal attainment can increase well-being and has been found to be greater for those with goals that align with values or interests – Sheldon & Elliot, 1999; Sheldon & Kasser, 1998.

At Proactive Performance Australia, our leading edge program takes the complexity out of goal setting, so you can keep up with ever changing and increasingly fast-paced world.

**CREATING EMOTIONAL WELLBEING AND
ACHIEVEMENT THROUGH EFFECTIVE GOALS**

FOUNDATIONS FOR SUCCESS



The Power of You. Taken Further

This course is for you if:

- **Pressure (home and school) is taking its toll**
- **Results are important**
- **You are disillusioned with study**

Our program will emphasize the importance of effective goal setting and how it influences personal well-being and improved results. It will provide parents with solutions to assist and alleviate stress within the home and school environment. It is instantly effective with the ability to influence mindset for years to come.



Effective Goal Setting

Our recent research, in conjunction with Monash University, has shown that goal achievement has a lasting effect on a person's mental health now and in the future. If things don't go well, the emotional cost of failure can lead to future under performance and frustration, increasing the risk of mental health issues.

Goals have the "power to change your life". People with ineffectively set goals often fail to achieve, leaving them devastated or confused. When they can admit they have an issue they can move forward. Those with Effective goals, achieve more consistently and are happier. Even they do fail they are more reflective and can adopt change faster allowing them to aspire to even loftier goals.

PROACTIVE PERFORMANCE AUSTRALIA
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