

# HOW TO SET AND ACHIEVE POWERFUL GOALS:

## For Your Life, Work and Business



PRESENTATION BY



D. Lee Stoltzfus, Ph. D. is a Licensed Psychologist and highly Experienced Executive Coach with over 25 years of experience working with individuals, families, executives, organizations, leaders, and teams. His mission is to help them achieve their goals and become the very best they can be!

D. LEE STOLTZFUS, PH. D.,  
CEO, LIFE MANAGEMENT SYSTEMS



Sam Alibrando, Ph.D. is a Licensed Psychologist and organizational consultant, experienced and committed to helping organizations grow through the skilled selection and development of its' leaders and teams. He is an author of an award-winning book\* on emotional intelligence, *The Three Dimensions of Emotion: Finding the Balance of Power, Heart & Mindfulness* (\*Los Angeles Book Festival, Best Business Book).

SAM ALIBRANDO, PH.D.  
PRESIDENT & FOUNDER, APC, INC.

Mindfulness

Morning Workshop  
Wednesday, October 11th

**730am-930am**

Edison Energy Education Center  
6090 Irwindale Avenue  
Irwindale

*Light Breakfast included*

Goals

Agenda

- How balanced is your Wheel of Life?
- How to set and achieve powerful goals using the "Smart For Me" technique.
- Why do we resist goal setting and how to overcome it.
- How to make sure you get to the finish line of success!



Achievement

REGISTER.IRWINDALECHAMBER.ORG  
FREE TO MEMBERS \$15 NON-MEMBERS

626-960-6606