

GOALSETTING - PERSONAL ACHIEVEMENT

A Special one-day Masterclass with Michael Joseph

Saturday 20 September 2008, Imperial College, London

Saturday 11 October 2008, Marie Curie Centre, Glasgow

The 'Clear Goal' concept

Success has been described as the 'satisfactory accomplishment of a sought after goal'. Striving for a goal that is important to you, based on your own needs, aspirations and skills, brings happiness as well as success because you will be functioning as you were meant to function, i.e. as an achiever.

Most people only ever use a fraction of their capabilities, hardly scratching the surface of possibilities lying dormant within themselves. They do not make the progress they would like to make and are fully capable of making. Why do so many fail to reach their potential? Simply because they have not clearly defined their goals!

Ask yourself the question:

- *Do I believe that to reach my goal I must make a clear, vivid mental image in my mind's eye of that goal **as if** already accomplished?*
- *That **hard work** is a necessary ingredient of success?*
- *That if I could **start** my project with courage and without procrastination or excuses, I would surely achieve my desired goal?*

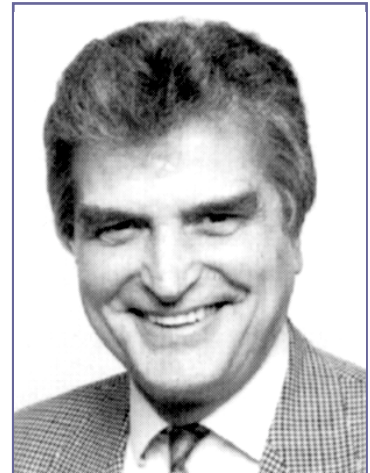
To reach a goal involves more than just a wish or a dream, hard work alone, or the courage to start your projects. You need to integrate **and** put into practise all three strategies for true and lasting success.

Masterclass Description and Structure

Goal setting techniques are used by successful business people, top-level athletes, and achievers in all walks of life.

Originally designed for the benefit of high powered executives in 'results orientated' corporations, the 'Goalsetting - Personal Achievement' **Masterclass** has now been adapted for individuals who are wanting to become more successful, both on a personal and professional level. This unique programme will show you how to clearly identify and achieve both your short **and** long term goals.

- Teaching Self Induced Relaxation (S.I.R.)
- The 'Clear Goal' Concept
 - 'Outcomes'
 - 'Consistent Activities'
 - 'Immediate Tasks'
- Construct and through S.I.R. install your 'Outcome'
- Construct and through S.I.R. install your 'Consistent Activities'
- Construct and through S.I.R. install your 'Immediate Tasks'
- The Integration Process
- Simplified Time Management
- 'Tycoon' Mentality - The way they think
- Teaching therapists how to use the techniques with their Clients
- Group Dynamics (For therapists' use with their Clients.)



Michael Joseph is the Principal of the London College of Clinical Hypnosis and the originator of numerous self-help/self-improvement methodologies.

His interest in the clinical applications of hypnosis and directive methods, and the intricacies of brief strategic therapy, span more than a quarter of a century. He has presented his ideas and methods in the UK, Europe, the USA, Asia and Australia.

Michael also designed Management Training Programmes for the corporate sector, such as 'Peak Performance' for individuals and groups; Sales Training; Stress Management; Smoking Cessation for Groups, and is the originator of the 'Clear Goal' concept.

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Who benefits?

Setting goals is the first step to turning dreams, ideas and wishes, into reality. This Masterclass will be of benefit for all participants, whether it's for business or financial reasons, relationships, lifestyle or career. 'Clear Goal' setting provides direction and focus, considerably increasing the likelihood of personal advancement.

The **Masterclass** will also be of particular interest to therapists and trainers from all disciplines, as it will teach you how to not only set and achieve your own personal goals, but to guide your clients through the process of developing their own objectives and achieving effective goal outcomes relative to their own personal issues.

Questions and Answers

Q: Do I have to reveal my 'Goal' to other participants?

A: **No. To help you construct your own, unique, strategies for success it is important to commit your goal programmes to writing. However, the content of your notes will remain strictly private, even from the course leader.**

Q: Will hypnosis be used to facilitate my 'Clear Goal' programming?

A: **Yes. Participants will be asked to enter an altered state of consciousness via Self Induced Relaxation. The course leader will then suggest that YOU install your own, written goal programmes.**

Q: Would inviting a member of my family inhibit either of our responses?

A: **No. Even if you are working on a common goal you will still have to use your personal strategies for your outcome.**

**The cost of the 'Goalsetting - Personal Achievement' Masterclass is £160-00.
£135-00 for LCCH Students, BSCH Members and EJCH subscribers**

I enclose full payment of £160-00 for: **LONDON / GLASGOW** (Delete as appropriate)

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I am an LCCH student / BSCH Member / EJCH Subscriber

I understand that the fee(s) is refundable only if the Masterclass is cancelled. Cheques should be made payable to MJ LECTURES and posted with the completed application form to the address below.

Name:.....

Address:.....

.....Postcode:.....

Telephone:.....Email:.....

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Credit Card Number (Visa/Mastercard only)

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Expiry Date

Signature:Date:

Completed application form to: **LCCH, 27 Gloucester Place, London W1U 8HU**