

Conference Coach's Tip Sheet



CREATE AWARENESS	FOCUS ON YOUR GOALS	CALL TO ACTION
<p>Use Day 1 of the Conference to gain an understanding of what it means to “RESET,” establish, and employ successful sustainability strategies.</p> <p>Think about what you’ve heard; consider the various aspects of your life.</p> <p><i>How would you benefit most from a “RESET?”</i></p> <p><i>Which one or two areas of your life are most vulnerable and in need of a “RESET?”</i></p> <p>Think about the sustainability strategies you have employed to date.</p> <p><i>What can be strengthened?</i></p> <p><i>Where is the opportunity to implement a strategy where none exists?</i></p>	<p>Prepare for Day 2 of the Conference by reviewing the program in advance.</p> <p>A common goal for all of us should be to leave the Conference re-energized and ready to implement change that is personal and relevant.</p> <p>Based on the answers to the previous questions, <i>Which breakout sessions will provide you with the most value or benefit?</i></p> <p><i>Which sessions will best prepare you to “RESET” the one or two aspects of your life you identified?</i></p> <p>Think about the obstacles that are in your way; <i>where can you get the information needed to help you move forward?</i></p> <p>Based on the assessment of your current sustainability strategies <i>which sessions will provide what you need to revitalize existing or introduce new sustainability strategies into your life?</i></p>	<p>How will <i>you</i> take your life back?</p> <p><i>What are the steps you are willing to take to “RESET” and enhance your sustainability?</i></p> <p><i>What messages had the most impact on you? Why?</i></p> <p><i>How will you transfer your learning from the Conference to the various aspects of your daily living?</i></p> <p><i>What commitments will you make to yourself that will positively impact your sustainability?</i></p> <p>Set 2-3 goals you can commit to achieving between now and the 2012 Conference.</p> <p>Come prepared to share your challenges and your successes.</p> <p><i>“Courage is the power to let go of the familiar” Raymond Lindquist</i></p> <p>Be Courageous!</p>