

“RECIPE FOR SUCCESS” WORKSHOP FOR PERSONAL AND PROFESSIONAL GOAL SETTING



This workshop focuses on:

Thinking for yourself

Learning from others

Dealing with disappointment

Developing confidence

Changing your perspective

Developing new habits

A Workshop for Reaching Your Goals



What you will learn

Goal setting is still a highly discussed topic in modern society. Why does it continue to intrigue, at the top of the best sellers' book list? It's because we are fascinated by those who accomplish amazing feats and we wonder how they did it. But when you learn how Olympians won their gold medals, how penniless entrepreneurs transformed their lives to become billionaires, or how the tragically injured learned to regain use of their limbs, we find that it was not just luck, hard work, or dedication. It was an idea that sparked a thought process, fuelled a dream, and produced an action plan.

This workshop will enlighten participants on the value of setting goals from a practical viewpoint, by using simple strategies that work when applied on a daily basis, whether the goals are for personal health or education, or for careers or finance, etc. If goal setting was easy, everyone would do it, which is why I will focus on keeping the fire going when things get tough. I will share strategies on how to nurture the dream to stick to the action plan.

1. IDEAS AND DREAMS - I share thoughts on what ideas represent to us as individuals and how we can use them as inspiration to dream the dreams that lead to change. This presentation shares some of the epic ideas that changed the world forever.

2. COMMITMENT AND OWNERSHIP - I explain how the element of commitment to taking action towards reaching one's goals is what ultimately distinguishes dreams from goals, by examining the importance of going beyond talking to taking ownership of goals.
3. SKILLS AND KNOWLEDGE - We discuss what it will take in terms of specific skills, knowledge, attitude and habits in order to achieve goals.
4. SMART GOAL FACTORS - Here we look at very specific steps to successfully setting and achieving one's goals.
5. OVERCOMING OBSTACLES - Has anyone ever done this before? How do I know this will work? What if I get stuck? You will learn where to turn for help on your path using examples of those who blazed a trail for others to follow.
6. ACTION PLANNING - Roll up your sleeves! Now we get to work to set some specific goals and deadlines with action steps to start today. The highlight of the workshop is the creative and challenging process of putting ideas and dreams down on paper and developing them into plans with measurable results.

David shares goal setting strategies and skills he has applied in his own personal life and career. He has delivered this workshop to university students, Fortune 500 companies, First Nations community youth groups, and high school students in Toronto, Vancouver, North Bay and Fort McMurray.

The Trainer:

Chef David Wolfman

David is a First Nations TV Chef, host and executive producer of *Cooking with the Wolfman*, aired on APTN in Canada



and FNX in the US. He is also a classically trained chef with over 30 years of industry experience and is a Culinary Arts Professor at George Brown College in Toronto, Canada. He teaches international cuisine and hospitality, cultural influences in food, and food and beverage management to students from around the world. David won gold in the 1996 Culinary Olympics.



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