

The FOCUS Workshop and daily follow up with the FOCUS Self-Manager will help you:

- » Shape your own future
- » Set and get new goals
- » Unblock your real potential
- » Unlock the door to new opportunities
- » Renew motivation and energy
- » Budget time effectively
- » Balance your work,
- » Reduce stress

**FOCUS on your future...
... achieve more effectively NOW**

Aim of the Workshop

The aim of this FOCUS Self-Management workshop is to give participants an opportunity to take time out in a stimulating atmosphere to focus on goals in all areas of their living and working lives.

Ongoing Benefits

Each participant will receive their own personal FOCUS Self-Manager, a simple yet effective goal setting and time budgeting system which will enable you to practice the self-management principles covered in this workshop. You can also integrate the FOCUS Self-Manager with digital tools to enhance your personal productivity.



Feedback

- "...FOCUS provides tools of goal-setting not dealt with elsewhere." **Accountant**
- "I can see goals in black and white clearly whereas before I was thinking in a fragmented way." **Teacher**
- "Resources were excellent, enjoyed the programme." **Assistant Personal Manager**
- "I found the course stimulating and a good starting point for my personal development." **Director**
- "I found the programme excellent and learnt a great deal. Gave me a great incentive to achieve." **Agent**
- "It gave me the ability to attain the goals that up till now have been a confused mass in my mind." **General Manager**
- "Excellent and well presented. Thoroughly enjoyed the total day." **House Manager**
- "I feel this has been the most profitable day I have had for quite some time." **Valuer**

Facilitator: Lyall Lukey

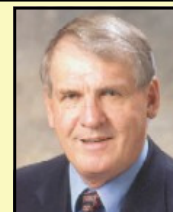
Next Workshop Series starts: Thursday, 10 March (9.00am—10.30am) and runs following 4 weeks each Thursday

Venue: Lukey Training Resources, Mancan House, 236 Manchester St, Christchurch

Investment: \$745+ gst pp

Group Discount: Discounts of 10% apply to three or more registrations made at the same time

(Fee includes: FOCUS Self-Manager, course notes, online follow up, buffet lunch and refreshments.)



Lyall Lukey
MA (Hons) Dip Tchg AFNZIM

FAX THIS FORM TO 03 366 7807

Name _____ Title _____
 Company _____ Address _____
 City _____ Phone _____ Email _____
 Additional Attendees _____

PAYMENT DETAILS:

- Please supply our accounts department with the necessary details for a direct credit Cheque enclosed/ following (payable to Lukey Training Resources)
- Please charge my: VISA MasterCard Bankcard Invoice me (ensure you have filled out all company details)

Card# _____ Expiry _____ Amount \$ _____
 Cardholder's Name _____ Cardholder's Signature _____

Lukey Training Resources PO Box 13-577, Christchurch. Ph 03 366 7874 Fax: 03 366 7807 Email: training@lukey.co.nz Ph: 03 366 7874
For more information: <http://www.lukey.co.nz/courses/focus.asp>

CANCELLATION POLICY: Should you be unable to attend, a substitute delegate is always welcome. Alternatively a refund, less \$60 + gst service charge per person, will be made for cancellations received in writing up to 5 working days prior to the event. Unfortunately, no refunds are available for cancellations after this date or for no shows.