

Goal-Setting & Accountability Training & Fees

WHAT WE DO

SETTING GOALS TURNS DREAMS INTO REALITY, BUT WITHOUT ACCOUNTABILITY AND SUPPORT, EVEN THE MOST WELL-INTENTIONED GOALS CAN OFTEN FALL BY THE WAYSIDE.

THIS IS WHERE MIND STUDIO SHINES, OFFERING A COMPREHENSIVE APPROACH TO GOAL SETTING AND ACCOUNTABILITY THAT EMPOWERS INDIVIDUALS TO STAY FOCUSED, MOTIVATED, AND ON TRACK TOWARDS ACHIEVING THEIR ASPIRATIONS.

AT THE HEART OF MIND STUDIO'S GOAL-SETTING METHODOLOGY IS A PERSONALIZED APPROACH THAT ACKNOWLEDGES THE INDIVIDUAL'S UNIQUE ASPIRATIONS, STRENGTHS, AND CHALLENGES. THROUGH GUIDED EXERCISES, ASSESSMENTS, AND ONE-ON-ONE CONSULTATIONS, MIND STUDIO HELPS INDIVIDUALS DEFINE THEIR GOALS WITH CLARITY, SPECIFICITY, AND PURPOSE, SETTING THE STAGE FOR SUCCESS FROM THE OUTSET.

WHAT YOU GET

ONCE GOALS ARE ESTABLISHED, MIND STUDIO PROVIDES A RANGE OF TOOLS AND RESOURCES TO HELP INDIVIDUALS BREAK DOWN THEIR OBJECTIVES INTO MANAGEABLE STEPS AND CREATE ACTIONABLE PLANS FOR ACHIEVING THEM. THROUGH INTERACTIVE GOAL-SETTING WORKSHOPS, ONLINE COURSES, OR SELF-PACED MODULES, MIND STUDIO EQUIPS INDIVIDUALS WITH THE KNOWLEDGE AND SKILLS TO PROGRESS TOWARDS THEIR GOALS WITH CONFIDENCE AND DETERMINATION.

TO ENSURE ACCOUNTABILITY AND MAINTAINED MOMENTUM, MIND STUDIO OFFERS A ROBUST SYSTEM OF SUPPORT THAT KEEPS INDIVIDUALS ACCOUNTABLE TO THEMSELVES AND THEIR GOALS. THIS INCLUDES REGULAR CHECK-INS WITH COACHES PROGRESS TRACKING TOOLS, AND MILESTONE CELEBRATIONS TO ACKNOWLEDGE AND REWARD ACHIEVEMENTS ALONG THE WAY. MIND STUDIO'S APPROACH TO GOAL SETTING AND ACCOUNTABILITY IS ABOUT ACHIEVING SPECIFIC OUTCOME WHILST NURTURING A GROWTH MINDSET THROUGH RESILIENCE, AND SELF-BELIEF THAT EXTENDS INTO ALL AREAS OF LIFE. BY PROVIDING A HOLISTIC FRAMEWORK FOR SETTING, AND ACHIEVING GOALS, CREATING THE FUTURE THEY ENVISION FOR THEMSELVES.

IF YOU'RE READY TO TAKE YOUR GOALS TO THE NEXT LEVEL AND EXPERIENCE THE TRANSFORMATIVE POWER OF ACCOUNTABILITY JOIN US TODAY AND START YOUR JOURNEY TO SUCCESS THAT IS GUIDED BY CLARITY, PURPOSE, AND COMMITMENT TO YOUR DREAMS.

WHAT IT COSTS

WE HAVE A RANGE OF STANDARD AND PREMIUM GOAL-SETTING PACKAGES AVAILABLE FOR GROUPS OF 5-10 PEOPLE, AS WELL AS 1- TO -1 SESSIONS. FOR A BESPOKE PROPOSAL AND PRICING QUOTATION BASED ON YOUR EXACT NEEDS, PLEASE GET IN TOUCH.

*REMOTE PHONE AND ONLINE SUPPORT AVAILABLE WITH ALL PACKAGES