



CREATE TIME TO FOCUS ON WORKSHOPS DONE

During our time together, I encourage you to trust your journey and know that your skills and homework are unfolding just as they should be. *We will start by preparing the materials to secure dates and venues to host Wellness Workshops; the latter modules are focused on the preparation to give the workshops.* The topics are in order based on what you need to learn first to book the workshops; some topics are spread throughout all of the modules.

Choose a convenient time and a quiet, comfortable place for your Workshops Done business development. Most people spend two hours a week developing the Wellness Workshop branch of their business with this Program. Ask yourself what location and time will work best for you? *Mark these times on your calendar and stick to the schedule you set for yourself.* This time will be focused on completing the assignments for each Module. The homework is arranged in steps, to develop the Workshop Market for your business.

“Achieving something is a practice, just as meditation, writing every day, working out, eating healthy, etc. are practices as well. Time needs to be allotted to it... The most effective way to turn your goal into a habit is to plan ahead. You can't hope that your goals will happen to fit into your current schedule, or that by nature you will prioritize it. You have to plan your schedule and block out time...At the end of the day, success in anything comes from making it a priority. Wanting to achieve something isn't enough...Make the conscious effort to hold yourself accountable to your goals.”

Alicia Glenn

Write the day(s) of week and time(s) that will work in your schedule. Dedicate this time to work on your goal of presenting Wellness Workshops.

Where will you work on the Workshops Done Program? (Home office, library, coffee shop etc.)

I look forward to sharing this fantastic experience with all of you! Remember that I am your coach during this program, and I am here to support and “hold your hand” along the way. I encourage you to offer support to all Health Coaches in the group. Together, we are stronger than alone; we are here to lift each other up and move our businesses forward. I see you, and you are AMAZING!



Workshops Done



QUESTIONS?

Post in our private members-only Facebook group at <https://www.facebook.com/groups/workshopsdone/>, and I will get right back to you.

To Access the Workshops Done Program, please go to <https://courses.workshopsdone.com/>

Lori Kearney

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