

Goal-Set to Success Program

I am pleased to announce that I will be conducting a goal-setting program, which will launch at King's View Academy this summer! This is a four-week, eight-hour program that will run on Monday evenings from 6-8pm. The dates for the program are as follows: July 24; July 31; August 7 and August 14.

This program will cover a variety of topics, including how to gain motivation, stay committed, and most importantly, *how to* effectively goal-set for success. It's targeted at athletes and students, who are looking to gain self-improvement in any area of their life, whether that be for their health, academics or sport.

These sessions are designed to offer a lecture and interactive format-style program. It will include group work as well as individual work, where participants are given time to reflect on their own personal goals and reasons for attending. Each participant will also go home with a goal-setting binder that will contain personal work covered in each session as well as important resources that will serve as useful to review in the future.

Who am I?

My name is Laura Gray. I completed my psychology degree at the Royal Military College (RMC), and graduated with my Master's of Education in Counseling from Acadia University – one of the only accredited programs in Canada. I have extensive experience coaching, counseling and running psycho-educational sessions involving anxiety-management, confidence boosting, goal-setting as well as academic-success programs.

I am currently employed with Lesley Hartman & Associates as a Counsellor and Intake Worker and also assist with legal-assessment cases at Erica Baker Psychological Services. In addition, I've worked at Dalhousie University for the last 3 years as an instructor for the Refining Your Learning Skills Program (RYLS).

As I learned the importance and effectiveness of goal-setting through my own personal experience and counseling others, I decided to create this program to share what I feel are the necessary building blocks or tools to success. For those of you who don't know me, I have an extreme passion for mentoring, counseling and simply educating those striving to achieve their goals!

Special Introductory Offer

The rate for *Goal-Set to Success* is \$300; however, as this program is launching this summer, there is a **\$210 special introductory offer** for this upcoming program – including all four sessions and take-home resources. For those interested in attending, please contact me at (902) 579-3409 or laurarachgray@hotmail.com.