

# MOTIVATION FOR 2012

**10 WEEK EVENING COURSE  
STARTING TUESDAY JANUARY 10TH  
RIVERCOURT OFFICE SUITES LIMERICK**

## **Program Content**

- Introduction to Coaching
- Improving Self Awareness
- Dealing with Stress
- Improve Time Management
- Learn to Say "No" to others
- Setting Goals & Objectives
- Improve Self Confidence & Esteem
- Managing Family Relationships
- Improve Decision Making Skills
- Become more organised and productive
- Be more positive in yourself

## **Course Details**

- Presented by Career & Life Planning ([www.calp.ie](http://www.calp.ie))
- Cost is €130.00 for 10 weeks
- Copies of all material
- Limited to 20 participants
- Times are 7pm to 9pm
- Presentations use mix of techniques incorporating slides, group discussions, challenging questions, video clips, role-plays and exercises
- Tea, Coffee & Biscuits provided
- Safe, Open & Confidential format weekly
- Location is overhead Lyric FM Radio studio in Limerick (In the Milk Marketarea)

**Contact Joe Delaney for details on 087 274 5093 or [jdelaney@calp.ie](mailto:jdelaney@calp.ie)**

## **Testimonials from September 2011 Course**

*I attended the 10 week course in Life Skills and it turned out to be far more than I expected it to be. Joe is a fantastic Coach who has a hugh amount of knowledge and techniques to help overcome life challenges. Since doing the course and applying the techniques and tips, my confidence has grown, I have more clarity when trying to overcome challenges and I feel the course has laid a very strong foundation to help me get the most out of my life. Joe you have definitely inspired me and encouraged me to start believing in myself. I would like to thank you for your very professional yet personal class. I would definitely recommend Joe.—KA*