

## Achieving Success: Using Goals to Get There

How successful will you be?  
More than anything, the answer to that is up to you.

In this seminar, you will learn how to identify self-defeating habits that may be holding you back - and find out how to conquer them. Once you've identified what your goals are, we'll help you create an action plan to help you get started today.

*The session will kick off with lunch followed by the program at 12:15 pm.*

Email [Benefits@shu.edu](mailto:Benefits@shu.edu) to register for the below session:

<u>Date:</u>	<u>Time:</u>	<u>Location:</u>
Thursday, 6/29/17	12:15 pm – 1:15 pm	University Center, Faculty Lounge, Room 210



Presented by Cigna Employee Assistance Program