

Just get Serious[®] & Create Your Vision Board

You may have seen it on Oprah ... read about it in the best-selling book, The Vision Board ... heard about it on the CD, The Secret ... Now create a vision board for yourself!

During this motivating and fun-filled event you will make a vision board of your goals and dreams, plus learn how to make that vision become a reality.

A vision board is a visual representation of your aspirations. It is created by making a collage of inspiring pictures from magazines, newspapers, and other print medium. To that collage you add encouraging words, motivational quotes, personal affirmations, as well as personal photos. You can further personalize your board with decorative lettering and various ornaments.

The vision board helps you focus your time, talents, and energy on your goals and dreams so you can achieve them.

This 2 ½ hour to full-day program includes segments on:

- The different types of boards
- The various focuses that boards can have
- The variety of vision collages that can be created (boards being one of them)
- My success and experiences with vision boards
- Success of others (celebrities and non-celebrities)
- Expanding your thinking through a relaxation exercise
- Creating a vision board (approximately 1 1/2 to 2 hours to work specifically on your board)
- The personal and professional skills needed to achieve the aspirations on the vision board. As time permits, sessions on time management, team work, and/or communication skills can be provided in the full-day format.
- The 5 A's of moving from visualization to realization (this segment is held during the class or after it as a teleseminar, depending on time allotted for the class)

"After attending Donna's vision board class and follow-up teleclass, it was only a matter of weeks before things in my life began to align with things I placed on my board.

I am so excited each day to see what happens next!

This class has the power to change your life!"

- Dr. Torri L. Griffin, Life Coach -

"If you have a vision and you want to see it come to light, take Donna's vision board class. She is motivating, engaging, and brings out the best in you."

- Kathy Grant, Aihu Independent Consultant -

Program Facilitator



Donna Satchell is a Professional Speaker, Success Skills Trainer, Author and President of STARR Consulting & Training, dedicated to motivating, training, and helping individuals and businesses achieve remarkable success.

She is an informative, insightful and inspiring presenter who speaks on customer service, time management, team work, workplace and personal success.

Her trademark of "Just Get Serious" is a challenge to change your thinking and take action to do more, be more, and have more.

For the past ten years, Donna has facilitated and hosted annual vision board making events for friends and colleagues. She has seen the successes she has been able to achieve and the successes others have achieved as well.

Ms. Satchell is a member of the National Speakers Association and the American Society for Training and Development.

Visit www.JustGetSerious.com for information about Ms. Satchell's programs, testimonials, client list, and exciting motivational videos.

For more information, including scheduling and pricing, contact:

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