

**The FOCUS Workshop and daily follow up with the FOCUS Self-Manager will help you:**

- » Shape your own future
- » Set and get new goals
- » Unblock your real potential
- » Unlock the door to new opportunities
- » Renew motivation and energy
- » Budget time effectively
- » Balance your work,
- » Reduce stress

**FOCUS on your future...  
... achieve more effectively NOW**

**Aim of the Workshop**

The aim of this one day FOCUS Self-Management workshop is to give participants an opportunity to take time out in a stimulating atmosphere to focus on goals in all areas of their living and working lives.

**Ongoing Benefits**

Each participant will receive their own personal FOCUS Self-Manager, a simple yet effective goal setting and time budgeting system which will enable you to practice the self-management principles covered in this workshop. You can also integrate the FOCUS Self-Manager with digital tools to enhance your personal productivity.



**Feedback**

- "...FOCUS provides tools of goal-setting not dealt with elsewhere." **Accountant**
- "I can see goals in black and white clearly whereas before I was thinking in a fragmented way." **Teacher**
- "Resources were excellent, enjoyed the programme." **Assistant Personal Manager**
- "I found the course stimulating and a good starting point for my personal development." **Director**
- "I found the programme excellent and learnt a great deal. Gave me a great incentive to achieve." **Agent**
- "It gave me the ability to attain the goals that up till now have been a confused mass in my mind." **General Manager**
- "Excellent and well presented. Thoroughly enjoyed the total day." **House Manager**
- "I feel this has been the most profitable day I have had for quite some time." **Valuer**

**Facilitator: Lyall Lukey**

**Next Workshops:** Thursday 25 February 2010 or Thursday 22 April 2010

**Venue:** Lukey Resources, Mancan House, 236 Manchester St, Christchurch

**Time:** 9.00—4.30pm

**Investment:** \$745+ gst pp

**Group Discount:** Discounts of 10% apply to three or more registrations i.e. \$670.50 + gst pp

(Fee includes: FOCUS Self-Manager, FOCUS workbook, online reinforcement and catering)

\* Places limited to facilitate participation \*



**Lyall Lukey**  
MA (Hons) Dip Tchg AFNZIM

**FAX THIS FORM TO 03 366 7807**

Name \_\_\_\_\_ Title \_\_\_\_\_  
Company \_\_\_\_\_ Address \_\_\_\_\_  
City \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Additional Attendees \_\_\_\_\_

**PAYMENT DETAILS:**

- Please supply our accounts department with the necessary details for a direct credit  Cheque enclosed/ following (payable to Lukey Training Resources)
- Please charge my:  VISA  MasterCard  Bankcard  Invoice me (ensure you have filled out all company details)

Card# \_\_\_\_\_ Expiry \_\_\_\_\_ Amount \$ \_\_\_\_\_

Cardholder's Name \_\_\_\_\_ Cardholder's Signature \_\_\_\_\_

**Lukey Resources PO Box 13-577, Christchurch. Ph 03 366 7874 Fax: 03 366 7807 Email: [info@lukey.co.nz](mailto:info@lukey.co.nz) Ph: 03 366 7874**  
For more information: <http://www.lukey.co.nz/courses/focus.html>

**CANCELLATION POLICY:** Should you be unable to attend, a substitute delegate is always welcome. Alternatively a refund, less \$100 + gst service charge per person, will be made for cancellations received in writing up to 5 working days prior to the event. Unfortunately, no refunds are available for cancellations after this date or for no shows.