



*Nidhi Gupta*

Psychotherapist • Life Coach •  
Couples & Family Therapist • Speaker



## HAPPY NEW 2016 TO YOU!

It's a new year, and generally people are starting to set intentions and think about what they would like to achieve in the coming year. This may come naturally to some and to others, may be a very daunting task indeed. However, time and time again, it is proven that the more that we choose our goals based on our values and principles, the more we enter into a positive cycle of energy, success and satisfaction. So, here's a toast to setting goals in 2016!



## 3 GOAL SETTING WORKSHOPS FOR YOU!

As many of you know, I am a huge fan and supporter of goal setting. For the last 8 years, I have regularly held Goal Setting workshops in the New Year, and every year, my clients patiently wait for new dates to come along so they can claim their spot right away! It's an empowering and creative way to actively step in and *create* the direction of your life! This year, based on from feedback from my clients, I have created 3 separate workshops:

[one for individuals](#), [one of couples](#) and [one for business owners/entrepreneurs](#).

I hope to see you at one of the three very soon!

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# CREATING YOUR FUTURE

*The 2016 Goals Workshop*



THE 2016 GOALS E COURSE  
CREATING THE FUTURE YOU WANT

*~ The Yearly sold-out workshop ~*

**WELCOME!** It's the beginning of a brand New Year - 2016 -  
and most people like to set new goals for the New Year.

Most of us want a life filled with purpose, passion, inspiring visions,  
and uplifting goals. However, we don't know how or where to begin.  
Dreams, resolutions and change, can feel like an uphill task, and  
yet it doesn't need to be that way.

Today, you will discover what you truly want for yourself this year,  
and what you are willing to push through to accomplish your goals.  
With my clients over the years, we always start with a process to clear the decks from  
the previous year first, followed by setting clear intentions for the New Year, giving you  
a powerful foundation from which to achieve your goals.

**Here is the outline we will follow in this Workshop:**

- Take a snapshot of your current life situation
- Design your bigger game (in career/health/life/relationships)
  - Write your 2016 mini Vision Statements
  - 2017 Future Visualization exercise
- Create measurable & actionable milestones, and
- Further your actions by working with a coach after the workshop
  - Acknowledge what you are proud of in 2015

*The best way to predict the future is to create it!*

Date: Saturday January 16th or 23rd (based on demand)

Time: 10am - 2.30pm

Price: \$65 pp, or \$60 each for 2 people or more

To reserve your space, please [contact me](#) now, as space is limited.

# GOAL SETTING FOR BUSINESS

*Business Visioning Workshop*



## THE 2016 BUSINESS GOALS WORKSHOP CREATING THE FUTURE YOU DESIRE

*~ The Yearly sold-out workshop ~*

**WELCOME!** It's the beginning of a brand New Year - 2016 - and most entrepreneurs like to set goals for the New Year.

Most of us envision our business to be filled with purpose, passion, inspiring visions and uplifting goals. However, most times we don't know where to begin. Dreams, resolutions and making changes can feel like an uphill task, and yet it doesn't need to be that way.

In this Business Building workshop, you will discover what you truly want for your business this year, and what you are willing to push through to accomplish your goals. To do this, we always start with a process to clear the decks from the previous year first, followed by setting clear intentions for the New Year, giving you a powerful foundation from which to achieve your goals.

Here is the outline of what we will follow in today's Business Goal Setting Workshop:

- Complete review of 2015
- Acknowledge your accomplishments in all key areas of work and life:
  - Business Development, Finances/Money, Relationships - Business and Personal, Health/Appearance, Business/Personal Development, Leisure Time/Family Time, Personal Rewards/Manifestations, & Making a Difference
  - Where you fell short of your goals and why
    - Your Top 3 Achievements of 2015
  - Reward Yourself & Celebrate the previous year
    - Goal Setting for 2016
- What goals would you like to achieve in these key areas:
  - Business Development, Finances/Money, Relationships - Business and Personal, Health/Appearance, Business/Personal Development, Leisure Time/Family Time, Personal Rewards/Manifestations, & Making a Difference
    - Create Measurable Milestones
- Further your development by creating accountability with a coach after the workshop

Date: Saturday January 16th or 23rd (based on demand)

Time: 10am - 2.30pm

Price: \$65 pp, or \$60 each for 2 people or more

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# GOAL SETTING FOR COUPLES

*Couples Visioning Workshop*



**THE 2016 COUPLES VISIONING WORKSHOP  
CREATING THE RELATIONSHIP YOU BOTH DESIRE**

*- The Yearly sold-out workshop -*

**WELCOME!** It's the beginning of a brand New Year - 2016 - and it is valuable for couples to set goals together for the New Year.

Most of us envision our relationships to be filled with purpose, passion, inspiring visions and uplifting goals. However, most times we don't know where to begin. Dreams, resolutions and making changes can feel like an uphill task, and yet it doesn't need to be that way.

In this Couples Visioning workshop, you will discover what you truly want for your relationship this year, and what you are willing to push through to accomplish your goals.

To do this, we always start with a process to clear the decks from the previous year first, followed by setting clear intentions for the New Year, giving you a powerful foundation from which to achieve your goals.

**Here is the outline of what we will follow in today's Couples Visioning Workshop:**

- Complete review of 2015
- Acknowledge your level of achievement in key areas of your life:
  - The Relationship, Family, Friends, Work, Finances, Health, Personal Growth/Education, Hobbies, Spiritual
- Your Top 5 Relationship Achievements of 2015
  - Goals you Couldn't Achieve & Why
  - Review your notes with your Partner
  - Goal Setting for 2016
- What goals would you like to achieve in these key areas:
  - The Relationship, Family, Friends, Work, Finances, Health, Personal Growth/Education, Hobbies, Spiritual
  - Review your notes with your Partner
  - Create 5 Relationship Goals for 2016
- Further your development by creating accountability with a coach after the workshop

*The best way to predict the future is to create it!*

Date: Saturday February 6th

Time: 10am - 3.30pm

Price: \$125 per couple

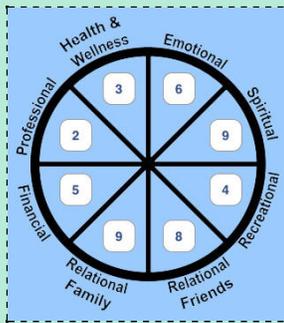
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## About Me:

I am a registered Psychotherapist with the College of Registered Psychotherapists of Ontario, a certified Professional Coach, and a Couples and Family Therapist. I work with individuals, children, couples and families, and have over 10 years of experience.

I offer a complimentary phone consultation to anyone who would like to learn more about themselves, and how the sessions will be conducted. It is also a great way to get know each other better and to assess if our working styles match. I offer flexible timings and work on a sliding scale so it is affordable to all.

Contact me with your preference, I work in person at my office in Thornhill, on the phone or via skype.



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