



**PROACTIVE
PERFORMANCE**
AUSTRALIA

WIN FROM WITHIN

To achieve our biggest goals, it is important that you have a clear focus of what is achievable, a program that is instantly effective, and for your support crew and you, to have the ability to influence this growth.

At Proactive Performance Australia, with our leading edge program we take the complexity out of goal setting, so you can keep up with our fast-paced world.

**CREATING EMOTIONAL WELLBEING AND
ACHIEVEMENT THROUGH EFFECTIVE GOALS**

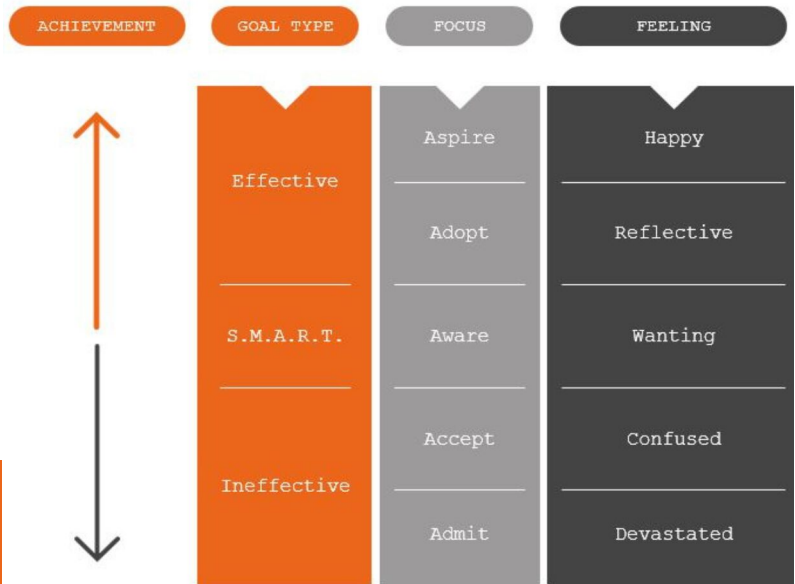
THE FACTS



Effective Goal Setting Model

Our recent research, in conjunction with Monash University, has shown that goal achievement has a lasting effect on a person’s mental health now and in the future. If things don’t go well, the emotional cost of failure can lead to future underperformance and frustration, increasing the risk of mental health issues.

Goal attainment can increase well-being and has been found to be greater for those with goals that align with values or interests – Sheldon & Elliot, 1999; Sheldon & Kasser, 1998.

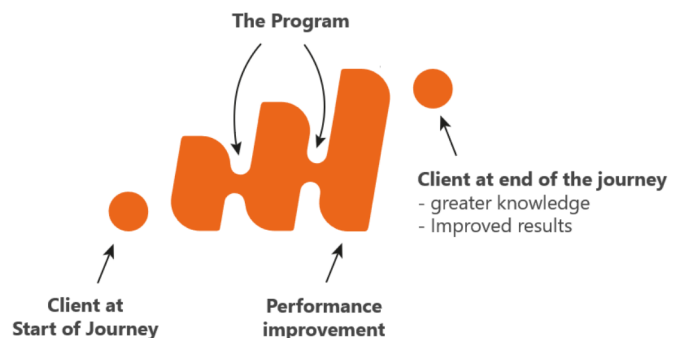


We work more efficiently when we are guided with effective goals; performance skills increase, while off-task behaviours such as “wasting time” decrease. – Wanlin, Hrycaiko, Martin, & Mahon, 1997

Be The Driver Of Your Life, Not The Passenger

- Our clients come to us with;
- ✗ Unmet goals, that are taking a toll on their mind
 - ✗ Continually not making the progress expected
 - ✗ Feeling down by your lack of achievement
 - ✗ Feel like they are letting others down

This program will give you a clear focus of what you can achieve. It is instantly effective with the ability to influence your mindset for years to come.



Importantly, everyone, regardless of aptitude - happiness, pride and greater performance is achievable.