

# Get a GRIP on Goals!

with

**Kimm Viebrock, Associate Certified Coach**

*Get the results you REALLY want!*

- Learn an **effective** goal-management process
- Find out how **GRIP** is better than **SMART**
- Make “failures” part of long-term success
- Create a desirable journey-centric experience
- Understand and harness your underlying motivations



**Fri. Oct. 17 6pm - 9pm**

**#W141, UW Campus**

Gen Public \$23

UW Students \$14

**Make it  
happen!**

Come prepared to think about and discuss a goal or objective of your own and learn how to **effectively manage your goals** using the only process that provides both a roadmap & compass to help you successfully navigate your way to success that you can truly enjoy!

## ASUW Experimental College

<http://www.exco.org> OR 206.68-LEARN (206.685.3276)

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