

Practical and Positive Goal Setting (*April Lynch*)

April (BA, MA, CCDP) as the primary breadwinner, a busy family-centered mom, and a passionate career professional, has become more intentional about how she spends her time. She can no longer stay late every night or jump at every opportunity. Let her share her top tips and strategies with you on maintaining forward momentum in your goals, despite all of life's competing demands.

April's session considers if goals are made up of small daily actions, then do we really want to live our lives on auto pilot or in a responsive state? In a world that screams do more with less, how can we reframe the conversation? This session is about getting through your busy day-to-day, and still feel like you're moving towards your bigger aspirations.