



60 Anchor Avenue Oceanside, NY 11572 (516) 536-3004
 Email: TaborRetreats@Juno.com WWW.TaborRetreatCenter.org



GOAL GETTING: The Vision Board Workshop

September 26, 2015

Saturday, 9:30am-3pm

We all talk about “setting” goals but many times we fall short of actually “getting” or achieving those goals. In this workshop, attendees will: learn how to set short term goals, learn how to set long term goals, and begin working on a vision board.

A vision board is a fun, creative tool to help clarify and maintain focus on one’s goals. All materials will be provided.

Presenter: Theresa Francois is a New York State certified teacher who holds a Master’s degree in education and a bachelor’s degree in psychology. Theresa leads workshops on stress management and goal setting for teachers, parents, students and senior citizens.

Donation: \$50.00 (Continental breakfast/lunch incl.)

Detach & return to Tabor Retreat Center, 60 Anchor Ave., Oceanside, NY 11572 or call 516 536-3004 to register.

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 Register me for: **Goal Getting: The Vision Board Workshop September 26, 2015**

\$50. DONATION ENCLOSED

NOTE: PLEASE ADVISE OF ANY SPECIAL DIETARY NEEDS.

NAME _____

ADDRESS _____

TELEPHONE _____ E-MAIL _____



*Jesus took Peter, James and John and led them up to the mountain to pray.
 There He was transfigured before them.*