



SDSU's Employee Assistance Program Presents

Goal Setting for Life & Work

Date: Thursday, January 21, 2010
Time: 12:00 Noon to 1:00 p.m.
Location: Human Resources, ESC 403
RSVP: Melanie Doyle at mdoyle@mail.sdsu.edu or
(619) 594-2449
Space is limited - reservations required

Please bring your lunch and join us for this
Lunch & Learn Workshop

Attending this seminar will help you:

- Learn facts on effective goal setting
- Recognize barriers to setting goals and accomplishing goals
- Establish appropriate and realistic goals in the context of "our life's roles".
- Learn the guidelines for setting S.M.A.R.T. goals