

# Science of Goal Setting Workshop

## Presented by KEPRO



### Session Description:

Goal setting and will power are conscious activities that can lead to healthier habits and achieving new levels of success. In this class, participants will review the key components and self-reflection questions needed to reach your goals. Join this interactive session as we examine how the brain works, create personalized road maps, and review the useful tools needed to stay motivated and create long term behavior changes.

Date: 8/13/2024

Time: 12:30pm

[Click Here to Attend](#)