



Workshop Spills Game-Changing Secrets for Business Leaders to Follow through on Their Goals

Dare To Engage/Anese Cavanaugh, September 24, 2008

URL: <http://www.pr9.net/business/services/8936september.html>

In the Dare to Engage Infusion Program, Anese Cavanaugh challenges busy business leaders to ditch limiting excuses and fully engage in reaching their goals – even those that have been stalled for years. Her strategies help them create major life and business changing shifts in their mindset, planning, and perspective.

PR9.NET September 24, 2008 - ST. CHARLES, IL. – Not enough time. Not enough energy. Too little support. The list of excuses cited by business leaders for leaving items untouched on their to-do lists goes on.

In the Dare to Engage Infusion Program, Anese Cavanaugh challenges busy business leaders to ditch limiting excuses and fully engage in reaching their goals – even those that have been stalled for years.

"Part of the success of this program is getting people out of their regular pattern of reacting to what happens to them instead of actively choosing what to spend their time on. Often just one day out of their routine helps them create major life and business changing shifts in their mindset, planning, and perspective," says Cavanaugh.

During the 1-day workshop and 90-day follow-up coaching and accountability program, Cavanaugh shares her 7 essential principals for achieving goals and provides a Dare To Engage Fieldwork Kit full of useful tools and resources. The next program begins on October 24, 2008.

More details about the Dare to Engage Infusion Program are available at <http://www.daretoengage.com/infusion2008/>.

Cavanaugh credits the 90-day follow-up component for why her clients (including Fortune 100 companies and small business owners) consistently report success. Follow-up activities include online learning labs, focused group coaching, weekly tracking, and private coaching for premium members.

Explains Cavanaugh, "Research shows that with the busy-ness of our lives and competing priorities, it's too easy to get diverted from your goals without some kind of support and accountability. So I've built it in."

Anese Cavanaugh
Dare to Engage
Phone: 1-877-994-DARE
anese@daretoengage.com
www.daretoengage.com

#

About Dare To Engage/Anese Cavanaugh

Anese Cavanaugh is a certified coach, author and speaker and the founder of Dare To Engage, Inc., a company devoted to helping leaders become top leaders in their organizations and their lives through coaching and training. Her specialty is helping leaders build a healthier, more engaged workforce, retain their top talent, develop greater authentic engagement and create stronger personal sustainability. She holds a degree and multiple credentials in the areas of coaching, wellness, leadership development and health & productivity improvement. For more about Anese or the Dare To Engage Programs or to receive a complimentary report and audio on "Energy & Results" go to www.DareToEngage.com.

Phone: 877.994.3273
Website: <http://www.daretoengage.com>
E-Mail: anese@daretoengage.com