

Event Category: NCPMI Monthly Chapter Meeting**Date:** Thursday, January 26, 2017**Time:** 5.30 pm to 8.00 pm**Speaker:** Edie Raether, MS. Ed, CSP**Location:** Sheraton Imperial RTP, 4700 Emperor Blvd, Research Triangle Park, Durham 27703

	Technical	Leadership	Strategy	Total
CCR	0.00	1.00	0.50	1.50 PDU's

Title: Unleash Your PowerZone-Mind Makeover to Make Your 2017 Goals Stick**Abstract:**

Research indicates that only 8% of Americans succeed in their New Year's resolutions. Discover why goal setting and willpower alone don't work and may actually limit your success. Magnify your intentions and change your mental software to break through mental blocks and barriers to get what you want. Make your 2017 goals stick with neural conditioning, brain training, and visualization to create positive set points. Write a new script and discover the magic of a vision board to make change happen (which is never in your comfort zone).

Learning Objectives:

- Develop action plans with the Four R's: Recognize, Reframe, Release and Retrain the brain
- Create hot buttons and triggers for self-motivation to achieve desired goals
- Discover 7 mental shortcuts to achieve the power of "Flow" and positive positioning
- Learn the seven mental shortcuts to eliminate self-limiting beliefs
- Discover how tension and doubt can increase personal productivity and success

About the Speaker:

Edie Raether, MS. Ed, CSP is a Change Strategist and Brain Trainer. A motivation, behavior and performance expert, Edie is a certified speaking professional (CSP), corporate trainer, coach, and bestselling author. Edie has inspired over 3,500 organizations on five continents, including many Fortune 500 companies and PMI chapters throughout the country. She is a resource for publications and such media as NBC, *The Wall Street Journal*, *USA Today* and Reuters. Edie has also been a college professor and talk show host with affiliates of ABC. Not just a topic or title, Edie is hired for her uniqueness and energy as declared by SC Johnson, "Edie, YOU make the difference."