



# Create A Vision Board

Length: 1-1.5hrs

Delivery modes: Onsite & Virtual Classes; Pre-recorded sessions.

Details: A creative mental fitness session combining goal setting with visual stimulation, constructive action and positive psychology.

This session is a great way to focus the mindset and set goals. A Vision Board helps define purpose and aspirations, with the use of positive images, words and quotes - empowering individuals to take action towards goals and aspirations.

From Career Visions to Lifestyle, Financial Aspirations and Health Goals - Vision boards can be a powerful way to realise personal and professional goals.

Connect with WORKBLIS to discuss requirements - [hi@workblis.com](mailto:hi@workblis.com)