

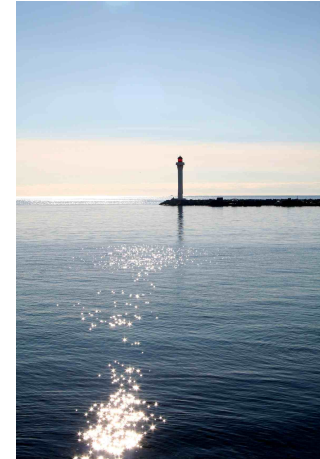
HPCG High-Performance Coaching Newsletter #7, Ralf Wolter



Dear Reader,

do you remember the beginning of this year? Did you set goals for the year? Did you plan to make new habits or get rid of some old ones? What have you achieved?
How do you hold yourself accountable?

We just returned from two weeks of family vacation on a German island in the North Sea. Long beach walks with our dog provided time to think about my goals for this year and how to stay on track.



How do you hold yourself accountable:

1. Structure: write down goals according to the SMART definition (specific, measurable, actionable, realistic, time bound), then define milestones and use tools such as Evernote, Things, Remember the Milk etc. to measure progress.
2. People: work with a partner as a sounding board to find out what you really want. Then meet frequently and discuss how you move forward.
3. Imagination and emotions: set a goal that triggers emotions and draw an image in your mind (or on paper or your smartphone) and imagine how it looks and feels once you have achieved your goal. Then ensure that you place the image strategically, so that it reminds you frequently to take action.
4. Adrenalin: define goals and deadlines and ensure that there is an external component to it, i.e. an exam, a last date to submit or something similar. If you get most creative in the 'last minute', the flow of adrenalin will fuel your actions.
5. Go with the flow: maybe you defined a goal at New Year's Day and by now you cannot even remember what it was. Life is exciting every day, why bother about channeling your energy towards only a few things?

Did you recognize yourself?
Do you use a different style?
What have you achieved this year?
Are you happy with your current situation?
How can you make best use of the rest of this year?
Who can hold you accountable?

Presenting with passion and excite your audience:

"[5 Proven Ways to Be Persuasive With Presentations](https://blog.slideshare.net/2015/07/06/5-proven-ways-to-be-persuasive-with-presentations/?utm_source=slideshare&utm_medium=ssemail&utm_campaign=newsletter#https://blog.slideshare.net/2015/07/06/5-proven-ways-to-be-persuasive-with-presentations/?u)" by Sunday Avery, in a nutshell:

https://blog.slideshare.net/2015/07/06/5-proven-ways-to-be-persuasive-with-presentations/?utm_source=slideshare&utm_medium=ssemail&utm_campaign=newsletter#https://blog.slideshare.net/2015/07/06/5-proven-ways-to-be-persuasive-with-presentations/?u

1. Move Your Hands - use descriptive gestures
2. Slide design - use Colors Wisely
3. Be Likable - express passion and excitement
4. Use Trigger Words - motivate your audience
5. Use Stories - increase your audience's attention and retention

As always, if you want to move faster, find a coach and leapfrog.

Have a nice weekend! And if you need to work during the weekend, make sure that it is fulfilling.

Best regards,

Ralf Wolter

HPCG® Founder, Coach and Consultant

<http://hpcg.eu>

<http://virtual4coaching.com/>

If you know someone who would benefit from this newsletter, please ask him or her to [subscribe here](http://hpcg.eu/connect/newsletter/index.html) <http://hpcg.eu/connect/newsletter/index.html>