

## Achieving Our Professional and Personal Goals

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What are the professional and personal goals we seek? Do some seem impossible to obtain and what are the obstacles in our way? How can we achieve our work goals and still achieve some balance with our personal life? This session will focus on a strategy that identifies the problems of working towards goals in isolation and capitalizes on the power of helping each other. The goal of the session will be to ignite discussion, reflection, and ideas. We will explore how this approach may be linked to our goals and a culture of care.