

**Tonight!**

## The Power of Effective **GOAL Setting**

Speaker **Claire Carver-Dias** will share how effective goal setting can help:

- **Determine and maintain your direction**
- **Motivate and energize you**
- **Break down barriers**



### When:

September 24, 2009

**6:00-8:00 PM**

**6:00** Registration

**6:15** Cocktails &

Hors d'oeuvres

**7:00** Speaker

### Where:

Intercontinental Hotel

Grand Foyer /

Willard Rm

220 Bloor St. West

### Thank you to our sponsors!



## About the Speaker: **Claire Carver-Dias**

Claire Carver-Dias is a communications consultant with Clearday Communications and executive coach with Impact Consulting, with ten years of corporate presentation experience. She specializes in assessments and team effectiveness coaching, using her experiences as an Olympian and business owner to help corporate groups achieve their business goals.

Prior to her business career, Claire had a 15-year high performance sport career that earned her an Olympic bronze medal in 2000, two Commonwealth Games gold medals, two Pan American Games gold medals, and over thirty international medals.

Claire recently completed her term as the Chair of AthletesCAN, the voice of Canadian national team athletes, and has served on the boards of directors for the Coaching Association of Canada, the Canada Games Council, and Commonwealth Games Canada Bid Committee. She also worked as a presenter for Esteem Team Association and CleanAir Champions.



*Claire with the 2000  
Synchronized Swim*