

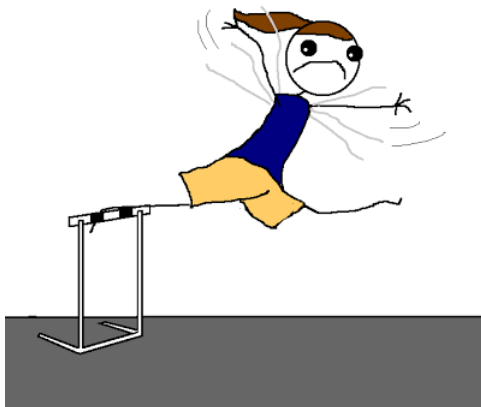
2015 – A New Year, a New Beginning!

So how's your year going so far?

Have you made your New Year Resolutions yet?

Have you already broken them? If not, how likely are you to achieve them?

It seems that every year many people start their year full of good intentions only to fall at the first hurdle!



How will you plan to take that first leap of faith to propel you towards achieving your goals?



How motivated are you to excel in your endeavours this year?

If you want to achieve your personal best this year, contact Brian Johnston, Personal Performance Coach – brian.johnston@otago.ac.nz