



Motivate Organize Visualize Excel

www.movegoals.com

IMPROVE YOUR IMPACT:

MOVE! Goal Achievement Certificate

Do you want to reinforce your professional practices by understanding more about goal achievement – its components, concepts, and practices?

MOVE! goal achievement has been taught at Boston College since 2005 within other courses and is also offered as a course of its own at Boston College.

A *MOVE!* certificate explains the method, teaching practices and concepts to use in your career. Taught at Boston College, it incorporates masters-level topics. The certificate involves a live introductory zoom with Cathy Utzschneider followed by six recorded lectures completed on your own schedule. Certificates are awarded to those who submit a paragraph reflection on each of the six topics. There are no quizzes or exams. Cost is \$375.00.

Topics taught:

- Principles of Goal Achievement: Kick Start Your Goal
- Theories of Excellence: Make Them Work for You
- The Science of Habit: Align Habits with Your Goal
- Willpower and Resilience: Build Both to Achieve Your Goal
- Develop a Positive Mindset: Leverage It Toward Your Goal
- Manage Transitions: Reset Your Short-Term Goals

TESTIMONIALS

MOVE! is a powerful goal achievement method for athletic performance and life balance. *MOVE!* helped me transition from Boston College to the 2016 Olympic Triathlon Team. Learning the time management strategies, goal setting, and habits of high achievers improved my understanding of excellence.

- Joe Maloy, 2016, Captain, Olympic Triathlon Team

MOVE! helped me coach Boston College's Division I volleyball team to identify the balance between individual and team goals. *MOVE!* massively improved our team's success.

- Dega Degama, Former Olympic Volleyball Coach

MOVE! explains the process of goal achievement through the lifespan better than anything else.

- Lesley Lehane, Team USA World Cross Country Champion, World Record Holder, Former Head Coach - Boston University Women's Track and Field

MOVE! is powerful for personal, professional, athletic, and community goals. I've used it to compete in track and field, to guide patients, and to run for the State House of Representatives.
- Dr. Inez Kelleher, Orthopedic Surgeon, Silver Medalist, 200m, National Senior Games

ABOUT Cathy Utzschneider

Cathy Utzschneider, EdD, is founder of *MOVE!*, a goal achievement method and coaching practice (www.movegoals.com). The topic of a TedTalk and many podcasts, *MOVE!* has helped people achieve personal, professional, and physical goals. A Boston College professor since 2005, Dr. Utzschneider is a national expert in her field, having written about goal achievement in hundreds of articles and four books: *MOVE!*, *Mastering Running*, *Mastering the Half Marathon*, and *High Performance in Midlife and Beyond*.

Dr. Utzschneider has used *MOVE!* for her own academic, professional, and athletic goals. With *MOVE!*, she earned three graduate degrees (M.B.A., M.A., EdD), ten USATF national track and field age group championships, a number 5 in the world age group ranking, and a bronze medal at the World Aquathlon Championships. *MOVE!* has helped her be a better wife and mother.