

Press Release

Workshop to Help Participants Master Their Minds & Their Goals for 2013

80% of the U.S. Population Does Not Set Goals; 95% End Up Broke at Retirement

Fairfield, NJ, December 12, 2012: 80% of our country never sets goals for the coming year. Even more surprising, of the 20 percent of the population that does set goals, roughly 70 percent fail to achieve the goals they have set for themselves. With these statistics, it's amazing that anyone accomplishes anything remarkable in their life. Tami Gaines has consistently set goals for the last 15 years and has achieved more than 90% of them. Her real-world experience, education and advanced mind mastery training is the foundation for her upcoming workshop, "Resolve to Evolve: Master Your Mind & Your Goals in 2013".

The **Resolve to Evolve workshop** will be conducted on December 12, 2012 (12/12/12) from 7:00pm-11:00pm at the Best Western Executive Inn, Route 46 East, Fairfield, New Jersey. This workshop is open to the public – adults and teenagers! The **Resolve to Evolve** workshop is for anyone who has had negative thoughts that have impacted positive action; talked themselves out of your success; created goals that were not believable; written goals but had no plan of action to achieve them and for anyone who has set goals they haven't reached. Participants will learn Tami Gaines' proven process to reframe your thinking for success, write your goals for 2013 and create an action plan to achieve them! Participants will learn how to program their minds for success; set focused, clear and motivating goals in all areas of their lives; create an action plan to meet those goals and measure their success.

Linda, a past participant said, "...You've opened the door to not just thinking about my goals, but to actually achieving them. I'm excited about the tremendous possibilities that lie ahead. You've given me a greater purpose, desire and commitment to stay the course. Thanks for your inspiration and knowledge. I know that I will evolve!" – Linda S.

Tami Gaines has more than 20 years hands-on experience as an entrepreneur, trainer and corporate executive. Through Tami's MBA from Columbia University, invaluable corporate experience, and involvement with the launch of dozens of companies, Tami has developed a clear, holistic perspective on the transformational SUCCESS that comes when business and personal growth are fused. Tami has used the process she teaches for the last 15 years and has achieved success in all areas of her life. She has helped thousands of individuals and entrepreneurs achieve their goals. www.tamigaines.com

One evening and \$15 is all it takes to gain clarity and focus for 2013. Participants receive the workshop, a workbook, individual coaching and a follow-up training session in three months. Enroll by visiting www.tamigaines.com/resolve, sending email to admin@tamigaines.com or calling 973-750-8996.