



## **RETURNING FAVOURITE! Setting Goals and Planning in a “Redefined Normal” World With Doug Tardif, Managing Director at Eclectic Diversions**

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***With Doug Tardif, Managing Director at Eclectic Diversions***

**Tuesday, December, 15 at 11:00 a.m. Pacific (2:00 p.m. Eastern)**

For many of us, the global pandemic has transformed our active, busy lives into a “**new normal**” of idleness and isolation. These days we have less freedom to socialize in the way we please. The past **250 days of quarantine** has us working from home, exploring our relationship with others, and finding novel ways to combat loneliness and depression. December is a **time to reflect and think about the goals** and path we wish to pursue in the coming year. Now more than ever, it is **essential to take positive steps** to reverse any negative cycles developed over the past 12 months. Now is the time to **allow our minds to visualize opportunities** that lie ahead in an uncharted world. Opportunities for personal growth, igniting your passion, or redefining your expectations await! Now retired from Make A Change Canada, Doug Tardif is **back by popular demand** for this special goal setting session. Sign up today and to get working on your “**redefined normal.**”



[Connection and Community Series](#)