



SAPCA

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INTERNATIONAL COACH FEDERATION

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## Review of Borders Workshop Event

### The Power of Focus

*Presented by:*

*Angela Woodrow, Personal Business Coach*

November 16, 2006

*Review Written by:*

Janet Bonnin



November 16, 2006 was a night to remember for all attending the November SAPCA-Borders Workshop Event. Angela Woodrow of **Beyond Point B** presented an engaging and informative workshop centered on *The Power of Focus* by Jack Canfield, Mark Victor-Hansen and Les Hewitt. Written by the authors of the *Chicken Soup for the Soul* Series and a top performance coach, *The Power of Focus* addresses how to achieve your business, personal and financial goals.

Thirty-four people attended this event, hosted by the San Antonio Professional Coaches Association and Borders Book Store in Huebner Oaks Shopping Center. The pace of the workshop was invigorating and the room was filled with a lot of great energy and enthusiasm. Angela entertained many questions from the audience and encouraged interesting discussions such as, "How do I eat an elephant?"



Angela kept the event moving with a presentation of great information, large group discussions, an informal coaching demonstration, and individual reflection activities.

Angela shared several practical techniques presented in the book for bringing more focus to our daily lives. One task management technique discussed was the 4-D Solution (Dump It, Delegate It, Defer It, Do It). In praising the book, Angela noted it contained many other great tools and techniques, pointing out that each chapter included some great action items for the reader to do.

Feedback from participants was enthusiastic. Attendees praised Angela's presentation style, energy and passion for the material. Many appreciated the practical application tools discussed. A large number of attendees enjoyed and benefited from the workshop enough to sign up for our SAPCA "Coming Events" emails!

At the end of the presentation, many attendees grabbed a copy of *The Power of Focus* and rushed to the checkout counter. As you read this, participants are quickly devouring the book and taking action to focus their energy and attention on achieving their goals!