

DACC members and guests gathered for their 'Best Year Yet Workshop' in February

"The workshop initiated reflections on issues that you would not normally sit down and give much thought to - I felt it was a very healthy experience".

"The Best Year Yet workshop was a very positive experience. In a 4 hour session the well prepared consultant, Søren Eilertsen, did not only introduce key elements to optimize the fulfillment of ones personal or business related goals, he also managed to provide a useful step by step guide for one to follow to accomplish this."

Those were just 2 of the many positives quotes made afterwards by 2 of the 16 DACC members and guests who gathered on February 8th, at Mort's Oak Room in Pacific Palisades to take part in the "Best year yet" workshop, hosted by DACC President Søren Eilertsen of Kollner Management Group. As a management consultant Søren has worked with multiple high ranking executives. This workshop focused on the art of setting goals at the beginning of the year, both professionally and privately.

The 16 members were divided into eight teams of two people in order for each person to have a partner during the workshop. The workshop then developed over numerous steps.

In order to maximize the output from the workshop, all participants were handed a "Best year yet" personal workbook at the beginning of the workshop, which was used to write down all the acknowledgements and goals the participants would recognize during the workshop.

The first step was to acknowledge the accomplishments of last year that one was satisfied about. This was an important step since only focusing on the negative sides of the bygone year would limit ones ability to set new and ambitious goals for the next year.

The second step was then to identify the biggest disappointments of the previous year, which should be analyzed as a tool for improvement.

Step three asked for the participants to reflect over the lessons they had learned from their accomplishments and disappointments and to identify how they limit themselves from achieving all the goals they set at the beginning of the year.

As a forth step, Søren asked the participants to formulate the way they limit themselves into a limiting paradigm. The next step was then to write a positive new paradigm as a counter argument against the negative limiting paradigm.

At step five, the participants were asked to state the values, which are of most importance to them. This was essential since the personal values of a person often can be the strongest motivation for change. Step six required all attendees to write down which roles they play in their life (father, mother, colleague, etc.) and the seventh step focused on how to rate your own achievement in these roles for the previous year on a scale from 1-10.

The eighth step then combined each person's values and roles, when the participants were asked to set one specific, measurable yet realistic goal for each role that they play.

Out of the goals each participant had set for each of their roles, they were now asked to write down their top 10 goals for next year. The final step was to reflect on how they could achieve these goals without giving up during the oncoming year.

In the end, the majority of the participating DACC members expressed great satisfaction with the workshop and were very interested in participating in such a workshop again next year. One participant expressed very precisely what the general perception of the workshop was:

"2007 is going to be another busy year for me - by working positively with the goals that I wish to accomplish, using the tools given in the Best Year Yet workshop, I believe that I have greater chances to succeed"