



Cynthia Aisha Meguid

Excel in your Mental, Emotional & Spiritual Wellbeing

MOTIVATION & GOAL ACHIEVEMENT

Unlock Your Motivation. Set Meaningful Goals. Turn Your Vision Into Action.

Develop the mindset, habits, and strategies needed to stay motivated, overcome obstacles, and achieve goals that align with your values and aspirations.

ENROLL NOW

What is Motivation & Goal Achievement?

Motivation is the foundation for achieving meaningful goals and creating positive change. This course uses positive psychology to help you understand what drives you, set meaningful goals, build effective habits, and stay motivated.

Through practical activities and reflection, you'll turn intentions into action, build confidence, and make lasting progress towards your personal and professional goals.

What you will LEARN



Set Meaningful Goals

Create goals that align with your values, strengths, and aspirations



Achieve Lasting Growth

Apply motivation for sustainable change



Develop a Success Mindset

Build beliefs that support achievement



Turn Goals Into Action

Learn practical strategies to overcome barriers



Build Positive Habits

Build habits for lasting progress and success



Understand Your Motivation

Discover how to stay motivated and sustain momentum

Who this Course is for

Perfect For:

- ✓ Individuals pursuing personal or professional goals
- ✓ Anyone struggling with motivation or consistency
- ✓ Students building productivity and goal-setting skills
- ✓ Professionals seeking greater clarity and achievement
- ✓ Leaders supporting growth and performance
- ✓ Anyone ready to turn goals into action

Features



100% ONLINE LEARNING



SELF-PACED COURSE



PRACTICAL ACTIVITIES



COMPLETION CERTIFICATE



Meet Your Instructor Cynthia Aisha Meguid

Wellbeing Education Specialist

Cynthia Aisha Meguid empowers individuals and organisations to develop greater wellbeing, resilience, self-awareness, and personal growth through evidence-based wellbeing education. Her practical approach combines positive psychology principles with strategies that help people create meaningful goals, build confidence, and achieve lasting positive change.



READY TO TURN YOUR GOALS INTO REALITY?
www.aishameguid.com

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