

Home

“James Short helped me turn my life around. I was overweight, unemployed, and had a failing marriage. With James’ coaching, I started my own business, lost over 60 lbs, and now have a happy, romantic marriage!

-Client Testimonial

Who is James Short?

James Short is a business person, author, motivational speaker, goals coach, and family man who has helped more than 1000 people make their dreams come true.

Can James Short Help Me?

Only you can truly help yourself, but James Short has devised the tools needed to help you clarify your dreams, unleash the energy locked inside yourself to pursue them, and create the drive to see them through to completion.

How does James Help?

Turning Dreams Into Goals, Then Into Reality seminars are designed to shake up the way you think about your **Dreams, Goals, and where you are RIGHT NOW**. James is an edgy, high energy speaker that gets his audience involved right from the start, keeping them on the edge of their seats. This energy builds throughout the talk and stays with you as you go home to clarify and pursue your own dreams and goals. When you leave the seminar, you will take home a toolbox full of valuable strategies that you can implement in your life immediately, resulting in instantaneous and positive change.

James has also taken this very important message and transcribed it into book form. His book *Set Your Goals* is available from his website.

James is also available for one-on-one coaching sessions and is a renowned keynote speaker.

Who Is James Short?

James Short is the founder of The Goals Group, a company that teaches its clients to set goals and pursue their dreams. By following three basic principles: *Clarity*, *Direction*, and *Accountability*, The Goals Group has achieved enormous success helping people realize their goals and improve their lives. Over the past 14 years, James has helped more than 1000 people get the life that they deserve.

Business

An accomplished business professional, James has created and launched several successful businesses in the areas of fitness, nutrition, natural therapies, and coaching. His last business venture, Ignite Health, a fun and funky exercise and nutrition studio, was awarded the **2007 National Champion Business Award for the Best Health and Fitness Center** and the **2007 Fitness NSW Small Business Award**.

James now focuses all of his efforts on helping people just like you create change in their lives and achieve their dreams. He does this through speaking engagements, workshops, NLP coaching, time-line therapy, and hypnotherapy.

Family

All of the business success in the world means nothing without a close and loving family to share it with. James is a true family man, sharing his days with his beautiful wife Natlie and his three girls: Rylee, Lilly & Tiger.

Health and Fitness

Coupling an intense understanding of the body and mind (he has a university degree in sports science and is trained in Neuro-Linguistic Programming), James truly understands people and what motivates them.

James' work and studies led to him being named the **2007/08 Fitness Australia Fitness Professional of the Year** for his many contributions to the fitness industry. James is the former president of the personal trainers' council for Fitness NSW, and currently serves on numerous boards and councils within the fitness industry.

How Can James Help Me?

James Short has helped over 1000 people achieve the lifestyle that they want. Since 1995 he has worked with individuals, groups, and businesses to find positive change and embrace the future.

Turning Dreams Into Goals, Then Into Reality

It is impossible to hit a target that you are not aiming for. James' unique programs first help you to identify your true dreams, turn them into goals, and then lay out a strategic action plan to pursue those dreams until they become reality.

Goal Setting

Most people never take the time to think about their goals, much less write them down and create an action plan for making them a reality. James' ability to articulate what it is you want, by when, and detail what resources are required to achieve them takes all those thoughts spinning around in your head and gives you a plan you can follow. This process is truly amazing.

Time Management

"I don't have enough time". The classic statement James has heard over and over throughout the years. James assists his clients to identify where their time *really goes* and works with them to create their "Ideal week" so they can achieve their dreams.

Communication

Communicating clearly and efficiently is the biggest hurdle most of us face when it comes time to face the obstacles that prevent us from realizing our dreams. James' belief on communication is that "Communication is the response you get." Teaching his clients to take ownership over their communications and responsibility over the response they get truly transforms clients and the way they communicate.

Building Championship Teams

Are you a member of a business group or sports team? Every successful team tackles the issues that they face head-on and finds strategies to overcome their obstacles. Whether you are an amateur rugby team who wants to learn to work together better, or a Fortune 500 business looking to improve your efficiency, the same strategies can be used to help you achieve success. James has worked with numerous teams in the past to assist them to take responsibility, ownership, and accountability over their actions, both individually and as a team. This has resulted in increases in profitability, productivity, and staff morale.

Services That James Offers

Planning Workshops

Planning workshops help you strategically map out your dreams into a step by step working plan and understand what actions are required for you to achieve your dreams and goals. James helps you keep on track and motivated to succeed at every step along the way, and shows the importance of testing and measuring your results. Finally, James helps you to fully embrace the power of reviewing and reflection and how that empowers you to move forward in life.

Keynote speaking

Throughout the last 15 years, James Short has been helping people achieve all that they want out of life. He delivers energizing keynotes that engage the audience, inspiring them to take charge of their lives.

Topics

Turning Dreams Into Goals, Then Into Reality

- Learn the fastest, easiest and most reliable system for achieving your dreams
- Understand the power of reflection and how it can catapult you into your dreams
- Learn the key motivating strategies to keep you on track with your tasks to achieve your goals

Develop Championship Teams

- The power of a championship team
- The 5 crucial steps on developing a championship team
- How to keep the championship team together

Communication Is King

- Communicating - what they don't teach you in school
- How to communicate with style
- Learn the secrets of the Master Communicators
- Seek first to understand, then to be understood

One-on-One Coaching

Many of James' clients are too shy, too busy, or too high-profile to take part in one of his exciting group workshops. For those clients, or those who simply want the most face time possible with James, he offers exclusive one-on-one coaching and mentoring sessions. In these sessions James helps you create new ways of thinking about your life.

Contact James Short

Are you being held back in your life and/or business by preconceived notions and negative beliefs about who you are and what you deserve?
Are you interested in finding the hidden potential locked deep within yourself? Would you like to take your life by the reins and steer it in a new direction?

Fill out this brief survey to let James know about the challenges that you are facing and how you would like to change your life. James will personally read all of your responses and contact you to set you on the path to a better, brighter future.