

## What's your AIM?

## ASSESS > IDENTIFY > MOVE FORWARD



## **3 STEP AIM PROGRAMME**

- 1. ASSESS People, Situations
- I know me > let me think
- 2. IDENTIFY OBSTACLES
- Personal, Commercial > What can I affect?
- 3. MOVE FORWARD
- Leaner > Agility and speed

Helping people be fit for their tomorrow