Deborah Connors
WELL-ADVISED CONSULTING INC.



Create Your Best Year

A Visioning Workshop for 2027

What are the tools you are using to navigate 2027? In this inspiring, research-backed workshop, we'll explore the powerful role of visualization and intention-setting in shaping a meaningful year. High-performance athletes use it. It's used in healing and medicine. In this workshop find out how and why visualizing works.

Deborah will share stories of recovery and transformation, along with the latest research from sport psychology, neuroscience, and positive leadership—showing how visualization strengthens focus, boosts performance, and helps translate intention into action. Together, we'll explore accessible ways to visualize your goals, including the creative and playful practice of building a vision board.

This is an online hands-on, interactive session. You'll roll up your sleeves and create your own vision board—no preparation required. In fact, arriving with an open mind (and no expectations) often leads to the clearest insights. Please collect any old magazines you're ready to recycle; they'll be cut up, so don't bring favourites you want to keep!

You'll leave with a physical representation of your vision for the year ahead—something to place where you'll see it daily, keeping you aligned with your intentions about what matters most. Where do you want to be one year from now? Let's create the vision that will help you get there.

About Deborah Connors

Deborah integrates research from leadership, neuroscience, positive psychology, and

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the science of flourishing to help individuals and teams cultivate resilience, clarity, and well-being.