

# Quarterly Goals & Planning Program

Facilitated by Filimon Filippou



# TABLE OF CONTENTS

Introduction	3
The Offering	4
What's Included	5-7
Our Quarterly Meet-ups	8
Top 10 Benefits	9, 10
The Investment	11
Additions	12
Filimon Filippou	13
Things to Know	14, 15



# THE 'COPY & PASTE' APPROACH TO LIFE



Have you ever found yourself stuck in a repetitive cycle, year after year?

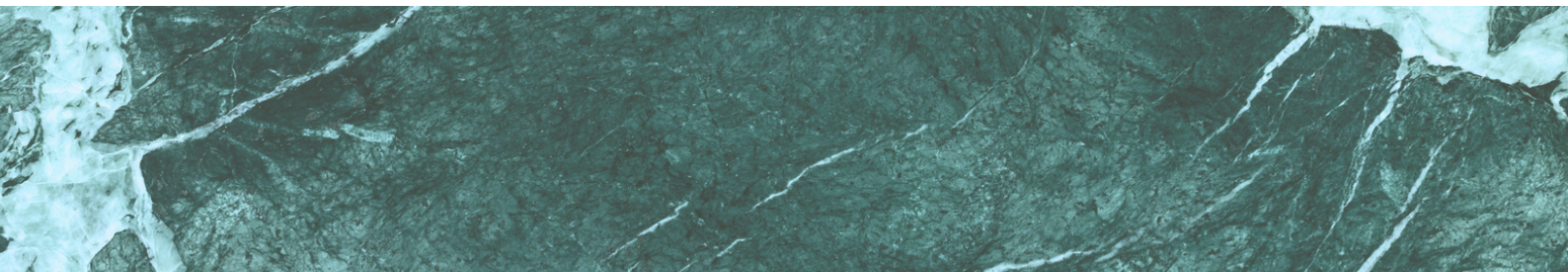
You wake up, go through your daily routines, & aspire for something different, but as the year ends, you're often left with familiar accomplishments, minimal progress, or even a sense of being increasingly overwhelmed, lagging further behind.

It's like pressing copy & paste year after year!

## *Why does this happen?*

Many people approach goal-setting & planning as if they were machines, merely replicating the strategies of the past & hoping for a different outcome in the future. This approach lacks a crucial element – the human touch.

It's time to revitalise your goal-setting & planning process with a personal, more effective approach!



# THE OFFERING

## Start Each Quarter With Intention!

Join us for a powerful, 12-month Goal-Setting & Planning program tailored for those who are not just dreamers, but doers.

In this focus group, you'll be surrounded by individuals who share your drive & determination, each grappling with their own challenges, yet united in the pursuit of creating a new path in their personal, business & professional lives.



Groups are limited to no more than 10 people to ensure a focused, yet supportive environment. Each participant is carefully selected, guaranteeing a community of like-minded, yet diverse individuals who are committed to growth & success.

This is your opportunity to be part of a driven group where every member is dedicated to making real, tangible progress.



You've probably encountered countless quotes about the importance of planning – phrases like...

**“If you fail to plan,  
you plan to fail”**

**“A goal without a  
plan is just a  
dream”**

These are more than just words; they highlight a common shortfall: many people still struggle with effective planning.

Throughout our program, you'll be guided to not only identify what you want, but also understand **why** you want it & **how** to achieve it.

This clarity transforms goal-setting into a streamlined, manageable process.

The culmination of this day is distilling everything you've learned into a practical 90-day planner.

This planner is a stepping stone, linking your short-term objectives to your 1-year goals, which in turn align with your 3-year & 5-year aspirations.

It's a comprehensive approach, ensuring every step you take compounds & is in service of your larger vision.



Each session concludes with a unique twist: choosing a book to read over the next quarter. You'll then share your insights & learnings from this book at our next gathering, promoting a culture of continuous learning & mutual inspiration.

And what better way to conclude a day of intensive goal-setting & planning than by embracing camaraderie?

We wrap up with a communal dinner – turning business into personal connections, solidifying our commitments as collaborators & friends & make business personal.



Beyond these quarterly in-person sessions, our connection continues fortnightly through 90-minute Zoom meetings. Here, each member shares their progress, challenges & victories, offering & receiving support where needed.

Additionally, our private Facebook group serves as a vibrant hub for advice, resource sharing & further support throughout your adventure, ensuring you're equipped & encouraged every step of the way.

# OUR QUARTERLY MEET-UPS

## What does each Q look like?

In our quarterly meet-ups each member will present a 15-minute reflection on their chosen book, focusing on key learnings & application strategies. Additionally, they'll share their successes & insights from the past quarter, promoting a culture of shared growth & learning.

A quick, insightful game will be played to reveal behaviour patterns & responses, offering valuable insights into personal & business conduct.

We'll then review & adjust our 90-day plans, emphasising commitment to our goals while remaining adaptable.

Each session includes an educational segment tailored to the theme of the quarter, reinforcing our commitment to continuous learning.

As a key element, everyone selects a new book for the upcoming quarter, preparing for the next quarters round of presentations.

**Learning to articulate your value, communicate who you are as an offer, & explain what you do is just as important—if not more so—than the actual work itself. This is why there's a strong focus on presenting.**

We conclude each meet-up with a group dinner, celebrating our progress & strengthening our bond as a community.



# TOP 10 BENEFITS



## 1. SELF-DISCOVERY & CLARITY

Dive deep into a journey of self-discovery. Through structured reflection & planning, you'll peel back layers to understand your true aspirations, gaining clarity & focus.

## 2. NETWORKING & SUPPORT

Engage with a community of like-minded individuals, all committed to personal & professional growth. This network provides not just support, but also potential collaborations & opportunities beyond the program.

## 3. ENHANCED GOAL-SETTING SKILLS

Develop robust goal-setting techniques that go beyond the ordinary. Learn to set achievable, yet challenging goals that align firstly with yourself, & then with your long-term vision.

## 4. EFFECTIVE PLANNING STRATEGIES

Master the art of planning in a way that is both flexible & structured, ensuring that you stay on track towards your goals while being adaptable to change.

## 5. IMPROVED TIME MANAGEMENT

Gain insights into managing your time more effectively, allowing you to focus on what truly matters in both your personal & professional life.

## **6. ACCOUNTABILITY & PROGRESS TRACKING**

Benefit from a system of accountability that keeps you committed to your goals. Regular check-ins & community support ensure continuous progress & motivation.

## **7. PERSONAL & PROFESSIONAL GROWTH**

Experience a transformation that impacts both your personal development & your professional trajectory, equipping you with skills & the frame of mind to promote success.

## **8. INNOVATIVE PROBLEM-SOLVING SKILLS**

Enhance your ability to tackle challenges creatively & effectively, applying new perspectives & strategies learned throughout the program.

## **9. CONFIDENCE & RESILIENCE BUILDING**

Build the confidence & resilience needed to navigate life's challenges, turning obstacles into opportunities for growth.

## **10. INSIGHTS FROM DIVERSE PERSPECTIVES**

Exposure to diverse viewpoints & experiences enriches your understanding & approach to both personal challenges & business strategies.



# THE INVESTMENT

Joining this transformative 12-month program is an investment of **\$7,980\*** per person.

That's only **\$1,995 per quarter!**

You might be wondering,  
**Why such a reasonable price?**

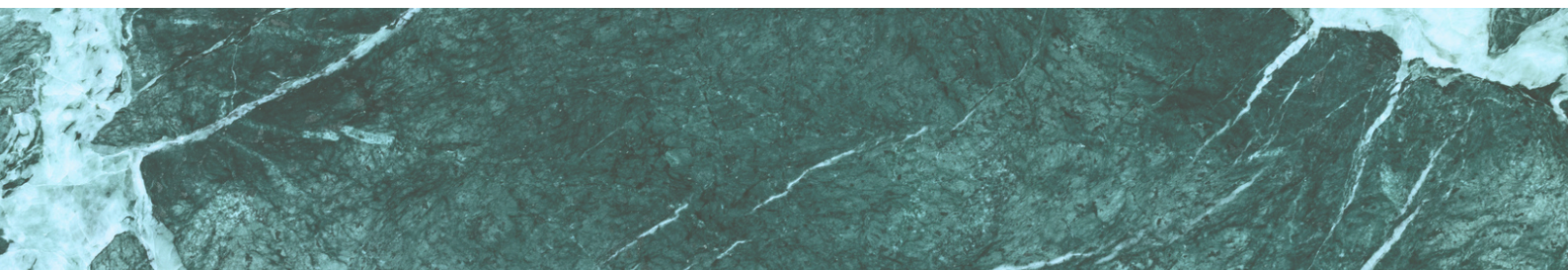
The answer is simple:  
It's a deliberate choice.



With over a decade of experience being involved in more than 100 diverse group goal-setting & planning sessions, I've gained invaluable insights into what truly drives change & progress... & I've created fantastic results across life & many businesses to show for it.

Since 2019, my focus was on guiding individuals through this journey. However, it's become increasingly clear that the magic really happens within the group dynamic.

This price point is set to make this powerful experience accessible while maintaining the quality & depth that you deserve. It's an investment not just in the program, but in yourself, in unlocking your potential & in the journey to achieving your goals with a community of motivated individuals.



# ADDITIONS

Enhance your journey with these optional add-ons, designed to provide deeper, more personalised support:

## Bi-weekly One-on-One Ontological Coaching

For those seeking more intensive guidance, opt for fortnightly 90-minute one-on-one coaching sessions across 12 months (totalling 24 sessions). This personalised coaching is available for **\$5,280**, offering a tailored approach to your goal-setting & planning journey.

## Flexible One-on-One Sessions

Need a focused coaching boost? Schedule a 90-minute one-on-one session whenever you feel the need. These sessions are priced at **\$280** each, providing concentrated guidance & support as, & when required.

## 4-Hour Personal Alignment Session

Dive deep with a 4-hour one-on-one session, covering all the crucial elements of Q1 & more. This session, priced at **\$1950**, is designed to set your year up with unmatched clarity & focus.

## Accountability Support

At no extra cost, receive an extra 'kick up the butt' for accountability. It's a complimentary push to keep you on track & committed to your goals.



Scan to watch a quick video that answers: What is Ontological Coaching & why is it different?



Scan to learn more about who we are & what we do.

# FILIMON FILIPPOU

## About the Facilitator

My journey in business & personal development is both extensive & unique. Born into the world of business, I've been immersed in this environment from the start. Setting goals & planning from early high school, I charted a path that ensured I would carve my own way, without ever settling for a conventional job.



My fascination with human behaviour, psychology, & self-development has been a lifelong pursuit. In my early 20s, I launched my first business, quickly building a dedicated team & achieving six-figure turnover within the first few months. This was just the beginning.

By my late 20s, I had established my first major company, scaling it to an eight-figure business, employing nearly 1,500 people over the time, & expanding operations across three cities. During this time I successfully opened & managed three additional companies, each operating autonomously, allowing me to focus on broader strategic goals.

In 2021, I made the decision to retire from it all because I wanted a bigger change, & a bigger challenge. This pivotal moment allowed me more than two years to dive deeper into the study of human potential & behaviour, culminating in my certification as an Ontological Practitioner, specialising in Personal Leadership & Performance.

Today, I lead the **Built Better Project**. This venture is a testament to my evolution – from building structures to *Building People*. It's here that I leverage my extensive experience & insights to guide others in realising their fullest potential."

# THINGS TO KNOW

## Selective Vetting Process

The integrity & effectiveness of the group are paramount. Therefore, each participant will undergo a careful vetting process. This ensures everyone is on the same page, contributing to & deriving maximum benefit from the program. If a participant is better suited for a different group, adjustments will be made accordingly.

## Commitment & Participation

Active participation & commitment are crucial. The group relies on each member showing up, engaging fully, & following through on action items.

Communication is key; if you're unable to meet your commitments, it's important to openly discuss the reasons. Please be aware that a lack of participation or failure to maintain group integrity may result in removal from the program. This policy underscores the value we place on 'skin in the game' & mutual respect for each other's time & efforts.

## Payment Structure

For those not opting for full upfront payment, each quarter must be paid for in advance. This structure is in place to ensure a smooth & uninterrupted experience for all members throughout the duration of the 12-month program.

### **\*\*\*Early Payment Discount\*\*\***


**Commit to your growth journey early & enjoy a 10% discount on the 12-month program when paid in full & upfront. This incentive is designed to reward your dedication & readiness to embark on this transformative path.**

## **Quarterly Dinners/Venue Options**

Program fee does cover our essential quarterly celebratory dinners. And active participation in these community-building dinners is encouraged. While we're open to varying our meeting locations, any additional costs for unique venues like boats, hotels or private restaurants will be jointly decided & shared by the group. As an option, by putting ourselves in expansive environments further enhances our experience of growth & discovery.

**What are you waiting for?  
Register your interest today & make the  
upcoming year your best one yet!**



 **0415 306 022**

 **[filimon@filimonfilippou.com](mailto:filimon@filimonfilippou.com)**

 **[www.filimon.au](http://www.filimon.au)**