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GET SQUARED²

**Goal Getting
with Balance**

S. PAUL MOEHRING

WWW.SPAULMOEHRING.COM

Author: S. Paul Moehring

Category: Goal Setting

Print ISBN: 978-1-7354690-6-5

Publisher: Spotlight Publishing



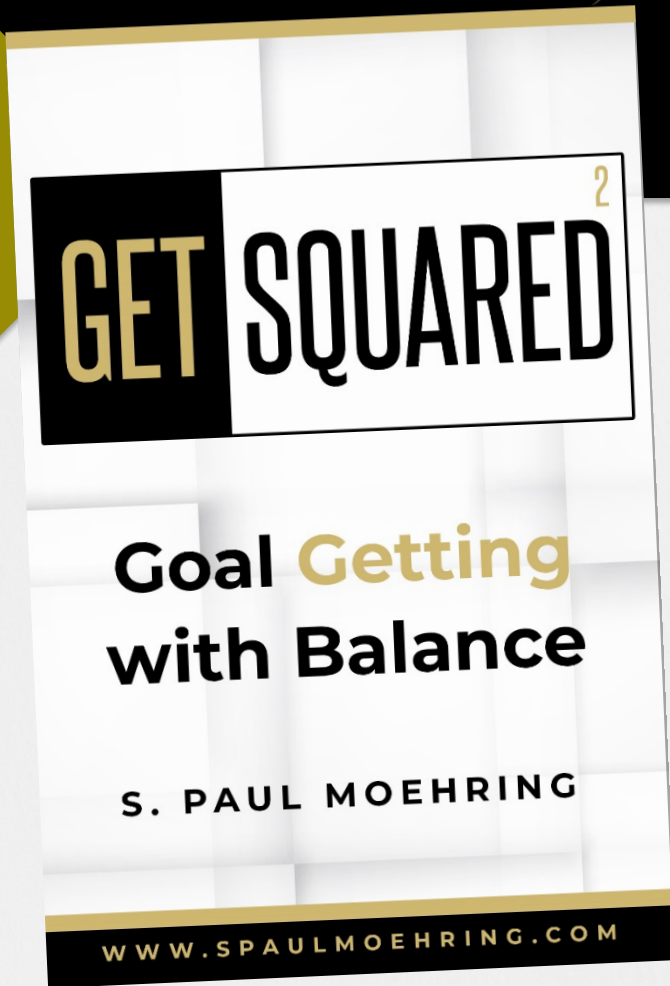
S. Paul Moehring

Paul Moehring is a Business Coach, Author, Speaker, and Sales Trainer. He lives in the Phoenix area. He's worked in sales, sales management, and business coaching for over 25 years and he is passionate about helping people perform at their very best.

Paul went through a coaching certification program in 2013 and began coaching entrepreneurs and business leaders. He also built the processes into the training and support that he used for his district sales management. In 2020, Paul began coaching full time and started prioritizing his time so he could finish his book. The Get Squared concept that he has used with his clients for years has helped numerous people achieve success in their goal getting process. He helps people focus on the most important parts of their lives first.

Paul is available for 1 on 1 and group coaching engagements as well as speaking and sales training opportunities. His energy and presence will keep your group engaged. While mixing in solid fundamentals and principles as well as humor, your event attendees are guaranteed to leave with something they can use immediately.

Book Bio



Are you so tired of setting and not accomplishing the goals you set for yourself that you don't even bother setting them anymore? *Get Squared* will turn you into a **Goal Getter** and you will start *stacking up wins* and building confidence. Paul describes in straight forward detail, how *you can go from being average* and experiencing a 4% success rate on achieving your goals to developing a *win rate of over 70%*.

This book was *written for busy entrepreneurs, business leaders, and sales reps* who want information in a condensed direct format that can be utilized immediately. It's also *written for anyone who would like to accomplish* something that they just can't quite get around to doing. This book will help transform the way you feel about goals, and *the balanced nature of the process* will make sure that you do not lose track of *what's most important in your life*. A new version of you and the way you handle your work-life balance is just a few pages away. *What are you waiting for?* Get Squared today!



Testimonials

“Paul offers simple methods to organize your activities, tasks, and mentality for daily productivity. I love his “rise and shine” concept.
~ Jane M Powers – *Speak with Confidence. Sell With Authority.*

“When I read Paul’s book it made me realize the risk of NOT implementing something to help me. This is a short book with a large impact.”

~ Sara McCue

“Dive into this book and do exactly what Paul lays out. The *Get Squared* process is not your everyday goal-setting activity. It has a twist that engages the mind and puts the body into action.”

“The entire process was thought-provoking, and to do it right, took some time. The whole process was motivating and I find it helpful to revisit *The Goal Square* on a regular basis.”

~ Annie

“By using the four quadrants of the Goal Square, I can see at a glance the wholeness of my life. This keeps me on track throughout the month, quarter, and year.”

~ Miranda

“Paul has been my mentor and business coach for over a decade. When he introduced the Goal Square to me, I was struggling through a transition point in my career. The Goal Square exercise was a valuable tool for me in so many ways. It was the impulse to action on my most important priorities. Paul, thank you for introducing me to this life-changing tool.”

~ **Wyatt**

WHO SHOULD READ



Entrepreneurs, business leaders and sales managers will greatly benefit from reading this excellent book.



Target Audience

- Coaches
- Sales Managers
- Professionals
- Business Owners
- Parents



BOOK BENEFITS

Book Excerpt



Chapter 1: What's in a Shape?

Make this book a short, determined read. You'll notice that this book is not especially heavy or dense, and the print is into microscopic.

So, in keeping with the theme of helping you *Get Squared* with your goals, let's set your first goal... reading this book. Here's a quick formula to achieve this easily.

1. Decide what you want to accomplish – *Read this book.*
2. Decide when you want to accomplish it – *Done in seven days.*
3. Decide when and how you will block the time – *At x:xx p.m., I'll read for 30 minutes.*
4. Define your WHY – *Because I believe the information in this book will help me improve my goal setting, and I'll experience more wins in my business and in my life.*
5. Now, write it down: your goal, the completion time, the time-blocking plan, and your WHY. (I'll talk in a later chapter about what to do once you have read the book.)
6. This step seems obvious, but *follow through and execute on your plan.* You'll see later that this the most frequent missed step.

Congratulations! You just set a goal. And if you've heard of S.M.A.R.T. Goals, you know that this goal qualifies.

- S – Specific
- M – Measurable
- A – Attainable
- R – Realistic
- T – Time-Based

You're off and running in your new life, so let's move on. *Wait a minute, did you read that correctly? You're off and running in your new life?*

Interview Questions

1

How can goal setting improve results?

Why is winning so important ?

2

3

The word "Goal" often evokes other 4-letter words. Why?

What is the difference between goal-setting and goal-getting?

4

5

In your book you speak about The Goal Square. What is that?

How does one best prioritize the squares you speak about?

6

7

What are the five steps you teach for successful goal getting?

Along with the Goal Squares, how does the worksheet

8

9

Time management is something many struggle with. How do you address this issue?

How do your methods compare to a To Do List?

10

Story Ideas for Reporters

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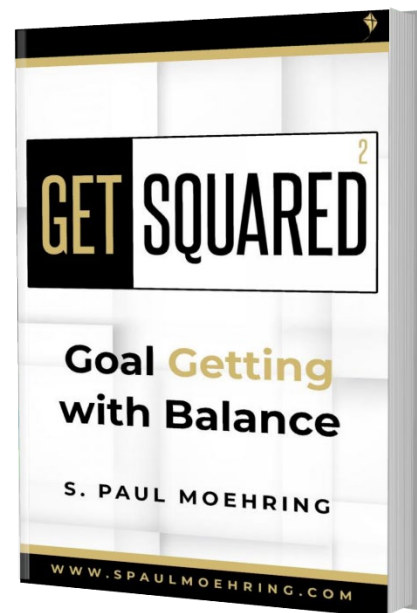
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- 1.** Why goal getting instead of goal setting?
- 2.** How does your process work and why is it so successful?
- 3.** Who would benefit most from your goal-getting methods?
- 4.** What kind of client do you most like to work with?
- 5.** What is your style of working with a clients?
- 6.** Do you only work with clients local to you?
- 7.** Do you teach in group settings – either virtually or at live events?
- 8.** Would you share some success stories of individuals who have learned from you?
- 9.** Do you teach in corporate settings?
- 10.** Can someone learn your methods without taking your coaching?
- 11.** Tell us about your book. Why did you write it, and what kinds of readers do you hope to attract?
- 12.** How does someone connect with you and do you have a course someone could purchase from you?

Downloadable Photos



Get Squared

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Available from online
bookstores!

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