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Dr. Dahl's Keynotes are:

- motivational and inspirational
- spiritual yet ecumenical
- entertaining and interactive
- adaptable to a range of audiences
- a message for all attendees

Keynotes and Books by Bernhoff A. Dahl, M.D.

based on his book series *Optimize Your Life!*

Featuring: *The One-page Strategic Planner*

Bernhoff A. Dahl, M.D. is a physician, entrepreneur, speaker, and consultant who has successfully applied the power of Strategic Planning during twenty-five years of “in the trenches” medical group practice and a range of business ventures. He developed the *One-page* concept in 1981 and has successfully adapted it to both organizational and personal use.

Since 1975, Dr. Dahl has produced over 3,500 professional seminars on a national and world-wide basis, for a wide range of groups, businesses, and organizations.

At last, the power of organizational Strategic Planning has been adapted and simplified for personal use, as well. The book merges both synergistically. This concept provides step-by-step text and user-friendly techniques for addressing the major questions of one's Life, starting with:

- Who am I?
- What am I doing now?
- What do I value?
- What am I good at?
- What are my passions in life?
- What is a “successful” Life to me?
- What are the “toxic” forces in my Life?
- What do I want to have/do/be in my Life?
- What is my risk tolerance?
- What do I need to do to “clean up” my life?

These questions lead to other questions, answered so as to produce personal inventory as well as Mission, Vision, and Values Statements and Goals. The unique concept is the reduction of each Goal into component Projects and then into a series of Tasks, each one of which is assigned a *One-page* for its completion.

The *One-page Strategic Planner* is a self-development system that features a program for the development of a personal inventory in order to define, improve, and accept one's self, and to apply to one's group, business, and/or organization.

