

GOAL SETTING & GOAL GETTING

OBJECTIVE

This programme is designed to give participants the skills and knowledge to build personal and professional goals that will support their total performance. Individuals have an innate ability to set goals but the skills required to actually achieve them are learnt and acted upon by a minority. People that know where they are going and know how to get there produce greater results.

CONTENT

- Understanding the relevance, importance and mechanics of goal setting.
- Dare to Dream ... Creating Professional and Personal Goals
- Learn specific principles and strategies to assist in the realisation of goals.
- The Success Cycle ... and How to Ride It.
- A Simple Formula for Setting Goals
- The Balancing Act ... how to know what is important to you NOW!
- Four empowering Goal Getting Strategies
- The Top Five Ways to Stay Focussed on Your Goals

DURATION

Half day session