Goal Setting for Success

Learning Objectives

By the end of this course participants will be able to:

1. Describe the benefits of goal setting
2. Complete a Wheel of Life exercise
3. Identify personal and professional goals that are right for you
4. Design goals using two powerful techniques: SMARTER and Well-Formed Outcomes
5. Apply the latest behavioural science to help turn goals into the reality

Background

The importance of setting goals has been known for literally thousands of years. Aristotle wrote: *"Man is a goal-seeking animal. His life only has meaning if he is reaching out and striving for his goals."* In this workshop, we review the fundamental principles of goal setting. You will complete a wheel of life exercise (to help identify the right personal goals), a job outcomes review. Using insights from these exercises your will then set meaningful goals using two powerful techniques: SMARTER and Well-Formed Outcomes. With an emphasis on self-motivation and self-management you will walk away with an action plan and the right tools to succeed, whatever your goals.

Course topics
- The benefits of goal setting
- How to choose the right goals with Wheel of Life and job review exercises
- SMARTER goals and Well-Formed Outcomes
- Discover how to turn goals into reality
  - Set an action plan that succeeds
  - Identify previously untapped resources
  - Apply the seven rules of goal attainment

Further learning
Delegates receive a 30-page workbook with templates and exercises for ongoing personal development.

Timing
This seminar runs for 2 ½ hours.

Who should attend?
Those who would like to define their goals and use the latest behavioural science techniques to turn goals into reality.

Facilitator
Matthew Critchlow, PhD, Director of Kirros and visiting lecturer at the University of Westminster.

What do people say?
"I thoroughly enjoyed this workshop and would recommend it to anyone who wants to gain some focus on their goals."
Movell Dash, Former Project Manager at HMRC and founder of Modas Personal Development