

Goal Setting Workshop

Goal setting can be described as a personal planning process. Goal setting has been proven to be a more effective method of achieving targets as opposed to aspirations. In order to be able to achieve your lifetime goals, it is important to set them effectively. When you engage in a goal setting activity, directed towards a focused goal, your passion, drive and determination is dramatically increased.

Who is it for?

For anyone who is ready to identify what they want to achieve in their personal life and/or their professional life. It is aimed at individuals who are keen to learn the goal setting skills that will give them the direction needed to channel their energy to achieve their “personal best” in any aspect of life.

What is it about?

Goal setting is the single most important tool in creating success in your life. In this goal setting training workshop we will cover:

- ▶ How to be clear and precise about what you want to achieve.
- ▶ How to design your dream life.
- ▶ The purpose of goal setting.
- ▶ The characteristics of an effective goal.
- ▶ How to make your goals positive and inspirational.

What will I get out of it?

- ▶ Understand the meaning and importance of 'Goal Setting'.
- ▶ Understand the psychology of Goal Setting.
- ▶ Start the Goal Setting process.
- ▶ Understand the crucial difference between aspirations and goals.
- ▶ Set personal and professional goals.
- ▶ Look at your life roles and what services you can provide other people.
- ▶ Use time management techniques to achieve your goals on time.

Would you like to attend this program?

- ▶ For maximum effectiveness, this program is best conducted as an in-house program.
- ▶ Ideal group size: 4 - 12 participants.
- ▶ **Venue:** For your convenience, you can choose to conduct this program at your business premises. Alternatively, we can provide a training venue at a small additional cost.
- ▶ **Duration:** This program can be conducted as a half or one day.
- ▶ **Cost:** Price on request.