

Gearing You For Growth

Bursaries | **Business Skills** | Coaching and Mentoring | Computer Skills | E-Learning | Learnerships | Skills Development | Virtual Training

Goal Setting

Course Overview

We all have things we want in life. The route to success is to take the things that we dream about and wish for and turn them into reality.

This one-day workshop will lead delegates through thinking, planning, and taking action on the things they really want. They will learn ways to ensure that they get where they want to go in life

Course Objectives

At the end of this workshop, delegates will be able to:

- Identify what's important to them in their life.
- Use goal setting activities and appropriate language to articulate what they want out of life.
- Explain what their dreams and goals are for both the short and long term.
- Use motivating techniques to help them reach their goals.
- Understand how to deal with setbacks.

Prerequisite

There are no prerequisites.

Target

This course is for any person looking to further develop themselves. Goal setting is key to any successful person.

Duration

- 1 Day



Course Outline

Self-Understanding

In this session, delegates will explore the importance of goal setting. The role of a mentor or coach will also be discussed.

Laying the Foundation

Next, delegates will explore how to identify their values and create a personal vision statement.

What's In Your Bucket?

This session will look at the long-term plan: the bucket list. Delegates will also have an opportunity to begin creating their own bucket list.

Getting Down to Business

Next, delegates will think about what areas of their life they want to set goals for. They will also explore the SPIRIT acronym, which outlines the elements of good goals. Then, delegates will get some practice in writing short and long term goals.

Getting Started Today

In this session, delegates will learn some ways to motivate themselves and beat procrastination. Visualization techniques, action plans, and support systems will also be discussed.

Dealing with Setbacks

The final session of this course will give delegates some coping strategies for when things get in the way of achieving their goals.