

Goal Setting for High Achievement

Course Overview

We all have dreams and ideas about how we want to live our life. The path we follow to take the things that we dream about and turn them into reality determines our success. In this one-day course, you will walk the participants through techniques to think about, plan, and take action and achieve those dreams.

Recommended for: ambitious people, who want to achieve their goals and ready to face the challenges.

Format: Instructor-led

Duration: One day

Learning Objectives

- Identify what they value in their life
- Use goal setting activities and language to say what they want out of life
- Explain their short and long-term dreams and goals
- Use motivation strategies to help them reach their goals
- Learn how to handle setbacks



Course Outline

- Unit 1: Reaching Self-Understanding
Understanding the Importance of Goal Setting
Choose a Mentor
- Unit 2: Building the Foundation for Success
What's a Personal Vision Statement
Take a Closer Look
Living Your Values
- Unit 3: What's Your Bucket List?
Meet the Bucket Principle
Dig Deeper into the Bucket
Five Steps to Success
- Unit 4: Bringing Your Dreams to Life
First, Identify Your Goals
Set Goals with SPIRIT
My Dreams and Goals
- Unit 5: Ready, Set, Go!
Let's Get Started Today
Visualize Your Goals
Use Support Systems
Create and Follow Your Action Plan
Motivate, Motivate, Motivate!
- Unit 6: Dealing with Setbacks



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