



Goal Setting

Description: *Success is not accidental. It is a result of thorough planning, hard work, drive, and determination. This one-day goal setting course will help you learn how to set up a long-term life plan, create good goals, and achieve your dreams. Other topics include: Choosing a Mentor, Visualizing your goals and Motivators.*

Session One: Course Overview

Session Two: Pre-Assignment Review

Session Three: Self-Understanding

- Understanding the Importance of Goal Setting
- Choosing a Mentor

Session Four: Laying the Foundation

- Creating Your Personal Vision Statement
- A Closer Look
- Where our Values Live

Session Five: What's In Your Bucket?

- The Bucket Principle
- Digging Deeper into the Bucket
- Steps to Success
- Energizer: Stress busters!

Session Six: Getting Down to Business

- Identifying Goals
- Goals with SPIRIT
- My Dreams and Goals
- Putting it All Together

Session Seven: Getting Started Today

- Ready, Set, Go!
- Visualization Techniques
- Support Systems
- Action Planning and Follow-Through
- Motivators

Session Eight: Dealing with Setbacks

- Coping Strategies
- Workshop Wrap-Up