

Goal Setting

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 participants 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.

What Will Students Learn?

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

What Topics are Covered?

- ✓ Self-understanding
- ✓ Laying the foundation
- ✓ What's in your bucket?
- ✓ Getting down to business
- ✓ Getting started today
- ✓ Dealing with setbacks

What's Included?

- ✓ Instruction by an expert facilitator
- ✓ Small, interactive classes
- ✓ Specialized manual and course materials
- ✓ Personalized certificate of completion