

## *Goal Setting and Self-Motivation* **1 Day Workshop**

*A workshops for busy people to help them focus on what they want out of work and life.-*

### **CONTEXT**

This practical workshop develops your personal planning skills to ensure you are on track in your work and life. Through a series of group exercises, theoretical situations, video case studies and discussions, you'll understand the key elements of goal setting and motivation and how to make it work for you. You'll be able to put the skills into practice straight away to start achieving.

### **OVERVIEW**

**This workshop covers the following:**

- Why we set goals?
- Tombstone test
- Short and long term goals
- Work and personal goals
- Elements of motivation
- Self talk
- Goal setting
- Visualisation

### **COURSE METHOD**

Our trainers are world class, with years of experience presenting seminars, sales pitches and information sessions. They use a range of training methods with strong emphasis on incorporating different learning techniques including VAK to ensure the success of each training event. Our training is highly interactive. Small class sizes allow for maximum learning.

### **IN HOUSE TRAINING**

We can tailor the program to meet your people's particular needs. This can be a stand alone training event or part of an ongoing staff development strategy. Goal Setting & Self-Motivation is an ideal course for groups of 8 to 16. We are flexible about when and where we deliver training and will fit in with your needs. We can also include individual coaching if required.