

# Goal Mapping

## Practical, engaging, target centred, personalised learning

Described as a 'truly universal tool for attainment', this workshop helps participants' identify their goals and the myriad routes to achievement. It is ideal for those in further and higher education and even those already in the workplace.

So far, the workshop has been successfully implemented and adopted by over 600 UK schools, colleges and universities with measurably improved results. It is also used as a business training tool in companies worldwide.



### Description

Goal Mapping gives students the boost they need to step up to the demands of the next level of education or, indeed, the step up from education into the workplace. It helps them gain clarity on what their ambitions are, what they need to achieve and how they are going to attain that achievement. Using a unique goal-setting tool students will set targets for themselves that are challenging enough to excite and realistic enough to achieve.

The workshop lasts for two hours for up to 100 students per session. Longer, more in-depth sessions can be arranged for smaller group sizes. Each participant will receive a set of resources and will have on-line, post-course access to further support.



### Benefits

Learning how to set goals is a vitally important skill that allows individuals to take immediate ownership of, and to develop a sense of responsibility for, their own future. It is an invaluable life skill used at the highest levels in business and sport worldwide.

Students are taught how to organise their thoughts and eliminate self-limiting beliefs to clearly identify their ambitions. They are shown how to set challenging but realistic goals for themselves and to clearly identify the pathways to success. Critically, they develop the ability to take each goal and break it down into time relevant, manageable and measureable chunks. This engenders a very positive 'can-do' attitude, helps to reduce stress and provides a clear map of the routes to success.

Visual Goal templates make excellent review material and afford students the opportunity to chart their progress to personal success.



### Content

Described as a 'truly universal tool for attainment', this workshop helps students to identify their goals and the myriad routes to achievement.

The approach used can be tailored to suit the needs of students at different levels of education or, indeed, teachers/lecturers/adults in the workplace.

Participants gain clarity on their ambitions and learn how to identify helpful targets (goals) to achieve their desired success. They are shown how to take each goal and break it down into time-relevant, measurable, and achievable steps boosting self-esteem, reducing stress and providing clear pathways to success.

The workshop has been successfully implemented and adopted by over 600 UK schools, colleges and universities with measurably improved results. It is also used at the highest levels of business and sport worldwide.



### Aims

To empower students to take personal responsibility.

To boost individual motivation.

To reduce stress.

To enable participants to gain greater clarity, direction & focus.

To build self-belief and self-confidence.

To encourage a 'can-do' attitude leading to positive action.



### Results

Creates a clear vision for future success.

Installs a positive attitude and reduces stress levels.

Develops skills for lifelong success.

Provides effective tools to create positive solutions.

Focuses on 'what you want' rather than 'what you fear'.

Promotes personal growth.

Unleashes participants' full potential.



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