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.

At the end of this workshop, participants will be able to:
- ✓ Identify what's important to them in their life
- ✓ Use goal setting activities and appropriate language to articulate what they want out of life
- ✓ Explain what their dreams and goals are for both the short and long term
- ✓ Use motivating techniques to help them reach their goals
- ✓ Understand how to deal with setbacks

COURSE OUTLINE

Course Overview
You will spend the first part of the day getting to know participants and discussing what will take place during the workshop. Students will also have an opportunity to identify their personal learning objectives.

Pre-Assignment Review
Next, participants will discuss their pre-assignment and think about where they currently are with goal setting.

Self-Understanding
In this session, participants will explore the importance of goal setting. The role of a mentor or coach will also be discussed.

Laying the Foundation
Next, participants will explore how to identify their values and create a personal vision statement.

What's In Your Bucket?
This session will look at the long-term plan: the bucket list. Participants will also have an opportunity to begin creating their own bucket list.

Getting Down to Business
Next, participants will think about what areas of their life they want to set goals for. They will also explore the SPIRIT acronym, which outlines the elements of good goals. Then, participants will get some practice in writing short and long term goals.

Getting Started Today

In this session, participants will learn some ways to motivate themselves and beat procrastination. Visualization techniques, action plans, and support systems will also be discussed.

Dealing with Setbacks

The final session of this course will give participants some coping strategies for when things get in the way of achieving their goals.

Workshop Wrap-Up

At the end of the day, students will have an opportunity to ask questions and fill out an action plan.