

Advanced Goal Setting Skills

Introduction

- * Does your life feel as if it has lost direction?
- * Do you have a sense of running constantly and yet seem to get nowhere?
- * Do you feel lost, frustrated, anxious and upset on a regular basis?
- * Do you find yourself wondering if you are travelling in the right direction?

If the answer to any of the above questions is "Yes", then please read on. Have you ever been lost while driving? Think back to how you felt at that time. Were you worried, anxious, a little afraid, not sure which direction to turn or what to do. Now imagine having that feeling of being lost on a regular basis, maybe on a daily basis. What would that do to you? To your health, To your relationships, and To your career. Imagine feeling helpless, anxious, worried and fearful on a daily basis. Why do you have to live in this manner? All that it takes to change is the act of Setting Goals. Setting Goals, both long term or strategic and short term or tactical will provide you with a sense of direction, a sense of purpose and ultimately a sense of fulfilment resulting in long term happiness, good health and peace of mind. It will lead to more powerful and fulfilling relationships and a focussed career path. What is important is that you take control of your life and choose your destination. You have to become the author and write the chapters of your life. You have to be in the driver's seat and decide which road to take. You need to have a clear vision and purpose. This is what Goal Setting is all about.

What is the workshop about ?

The "Advanced Goal Setting" workshop is a full day workshop that will help you understand the tools and techniques of effective goal setting. We will share with you the step by step process of effective goal setting and provide you with the necessary templates that you can use on a regular basis to stay focussed on the direction and path that you have chosen for yourself. We will provide you with a holistic and an end to end solution to goal setting that is quite different to other goal setting workshops.

What will you learn at the workshop

- * Get an understanding of why goals are important to our well-being.
- * Understand the various steps involved in effective goal setting.
- * Get a holistic understanding of the purpose of goal setting.
- * Find out what is holding you back.
- * Get a snapshot of your current status in life (Where you are currently).
- * Understand how to find the balance in your life that is so important to your health and happiness.

Content

- * Journey of Life - The big picture
- * Values Elicitation
- * SMART Methodology
- * 7 Areas of Life
- * 8 Step Process
- * Wheel of Life
- * Goals / Values Alignment

Outcomes

- * Have a clear direction and purpose in your life
- * Be clear about your personal mission statement
- * Become aware of yourself and your true identity
- * Discover your passions and follow your true calling
- * Find balance in your life
- * Have healthy relationships
- * Convert challenges into opportunities
- * Live without performance anxiety
- * Do what you love and love what you do
- * Manage your time and achieve more in the available time

The "Advanced Goal Setting" workshop is all about understanding your deepest needs and charting out a course so that you can achieve your true potential and find true meaning and purpose in your life. It is all about taking control of your life and having the power of choice that is so essential in finding true happiness and satisfaction in life. The workshop will help you to look at your life from a different perspective and empower you to achieve your true greatness. Imagine being able to live a life of purpose and meaning and waking up every day to a life that is full of possibilities. Imagine being able to live the dream life full of health, wealth and happiness.

Who should attend this workshop ?

- * Anyone wanting to create something of meaning out of their life
- * Anyone wanting to take control of their life and charting out their own destiny
- * Anyone wanting to know how to overcome challenges and adversity
- * Anyone seeking to overcome stress, fear or anxiety
- * Anyone looking at contributing to the world and leaving a legacy
- * Anyone having major challenges in their health, career or relationships
- * Anyone having a sense of emptiness in their life