

Set and Achieve Your Goals

Professional
Development
Mini-Masterclass



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Have you ever done some great thinking and identified the range of objectives and goals that you desperately wanted to achieve to bring the success you long for, yet later you notice not a lot has changed, if anything?

You're not alone. In fact this accounts as to why so much research has been done to work out what's going wrong with goal setting success and to develop what can be done.

The **Set and Achieve your Goals** module has been developed to provide the latest evidence thinking and skills to help you succeed in delivering the changes you so desperately want.

This fast paced 90-minute online module uses regular breakouts to share experiences and enhance learning across a range of techniques and skills to boost goal setting success, including planning; techniques, personal motivation; setting accountability and specifying deadlines.

Who should attend this module?

Anyone who is interested in learning what the evidence-based knowledge has concluded on how to make personal commitments and then stick to them.

Module outputs

1. Up to date research insights and the introduction of an evidence-based template to support goal success
2. Processes to ensure adherence to goals and techniques to boost self-control
3. Access to a highly impactful evidence-led skillset that can be immediately applied in the workplace

What people say about this interactive module?

“ Heaps of useful info”

“ Came out very motivated and focused”