

# Goal Setting for Success

By the end of this course participants will be able to:

- Describe the benefits of setting goals
- Complete a 'Wheel of Life' exercise
- Identify the right personal and professional goals
- Design SMARTER goals and Well-Formed Outcomes
- Boost motivation to remain focused on your goals
- Use *Nudge* techniques to help turn your goals into reality
- Use the power of the unconscious mind to boost your success rate

## Background

The importance of setting goals has been known for literally thousands of years. Aristotle wrote: *"Man is a goal-seeking animal. His life only has meaning if he is reaching out and striving for his goals."* The pursuit of meaningful goals contributes to greater happiness and more fulfilment in life.

In this workshop we review the fundamental principles and practices of successful goal setting. You'll complete a 'Wheel of Life' exercise, review your personal and professional objectives and then set SMARTER goals and 'Well-Formed Outcomes' – in a way that brings goal setting to life.

The techniques we offer are derived from professional coaching, Neuro-Linguistic Programming (NLP) and *Nudge* theory. We'll provide you with step-by-step guides so you can put these powerful techniques into practice. With an emphasis on self-motivation and self-management you'll walk away with an action plan and the right tools to succeed, whatever your goals.



## Timing

This workshop runs for half a day.

## Who should attend?

Those who'd like to define their goals and use effective strategies to make them happen.

## Facilitator

Matthew Critchlow, PhD,  
Director of **Thrive** and Visiting  
Lecturer at the University of  
Westminster.

## What do people say?

*"I thoroughly enjoyed this workshop and would recommend it to anyone who wants to gain some focus on their goals."*

**Movell Dash**, Project and  
Programme Manager, HMRC.

*"I would recommend this course to anyone who is serious about achieving their goals."*

**Paul Scott**, UK Civil Service

## Course Topics

- The benefits of goal setting
- How to choose the right goals
- The Wheel of Life exercise
- Unleash the *true* power of SMARTER goals
- Design 'Well-Formed Outcomes' that are motivating and inspiring
- Discover how to turn goals into reality
  - Set an action plan ... that succeeds
  - Identify previously un-tapped resources
  - Build motivation to stay on track
  - The power of *Nudge*: Change your environment so you don't have to rely on will-power
  - Avoid the *planning fallacy*
  - Use the power of the unconscious mind to make goal attainment easier

## Further Learning

All delegates have access to downloadable further self-help guides and video tutorials via our website.