

SETTING AND ACHIEVING GOALS

Introduction:

This programme will benefit any individual who feels they are not reaching their full potential.

Objective:

Delegates will learn how to set goals effectively for them and will have the capability to increase their personal success. They will become more aware of their own limiting beliefs and will be able to use techniques to remove or work around them.

Programme Synopsis:

- The importance of goal setting
- How to identify and set your own goals
- How negative and positive language affect our abilities
- Mind mapping
- Thinking your way to success
- Finding your motivation
- Using your visual, auditory and kinaesthetic skills positively
- Changing and removing limiting beliefs
- Using your brain logically
- Creating rapport
- Writing your goal plan
- Creating your timetable
- Modelling for excellence

Duration: One (1) Day

Course code: TSCGOALS

Certification: Training Solutions 2000