

## Goal Setting to ensure success

### One-Hour Workshop

Our one-hour workshops are designed to instil a specific skill by the use of theory and then being reinforced by role-plays. Many clients purchase a package of workshops and run them weekly over a period of time.

Who should attend: Consultants, Managers and team leaders who would like to get more from their life.

### Goals

What is a goal? Why set them? What are yours?

### What is important to you?

Defining areas of your life in which goal setting is important

### Setting goals

How to do it

### Tracking your progress

### Ensuring your success