

WORKSHOP ONE: DARE TO DREAM

Audience is learning the basics, (for example on a job search, starting over after financial crisis)

This is a very interactive workshop with audience participation and written exercises. Participants work with a partner to design an example goal, and ultimately focus on their own realistic goal with a timeline for its achievement.

Workshop Learning Objectives:

- **Understand the importance of written goals**
 - **Learn the SMART goal setting tool**
 - **Develop strategies to overcome barriers to goal setting**
 - **Understand the importance of accountability**
 - **Write a SMART goal and form a strategy for achievement**
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WORKSHOP TWO: GETTING UNSTUCK

Audience sets goals but not seeing results

This workshop inspires action! Participants learn how to overcome bad habits such as procrastination, and lack of accountability. Brainstorming and small group discussion encourages breakthrough thinking.

Workshop Learning Objectives:

- **Clarify your goals and determine your action plan**
 - **Form strategies to overcome barriers**
 - **Avoid procrastination**
 - **Make accountability partnerships**
 - **Achieve results**
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WORKSHOP THREE: THE YODA FACTOR

Audience is helping others achieve goals (coach, employer, supervisor, human resources)

The workshop uses facilitated discussions and small group discussion to align coach's/employers views on goal-setting with latest research results on goal achievement. Participants learn techniques that are proven to help clients overcome barriers.

Workshop Learning Objectives:

- **Sharpen your sword - how do you approach goal setting?**
- **The goal setting trilogy - learn what works / key research findings**
- **Facilitate goal-setting and goal-achievement of your clients**
- **Reframe the WIIFM (What's in it for me)**
- **Hold your clients accountable**