

GOAL SETTING

Goal Setting allows you to devise a roadmap to your future success. The purpose of this seminar will be to show participants how goal setting can be used to: help minimize stress and anxiety, provide clarity for future plans, and motivate one's behavior.

Primary Objectives:

Participants will be able to verbalize the difference between a goal and an objective.
Participants will be able to identify at least 3 goals that s/he wishes to accomplish.
Participants will be able to write detailed, action-driven goals.

Suggested Audiences: ALL

