



# Expectations

**Goal  
Setting**



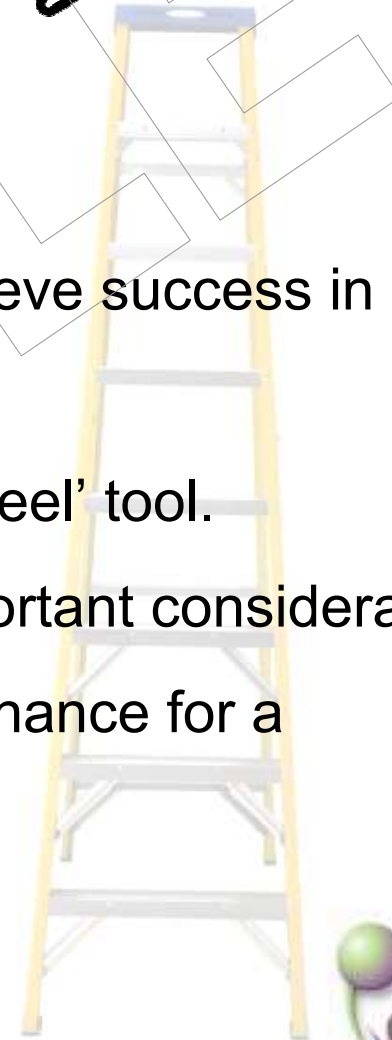
# Goal Setting Session Plan

Session A



## Course Objectives

- Understand how goal setting can help us achieve success in life.
- Learn how to define a goal effectively.
- Identify potential goals using the 'Balance Wheel' tool.
- Understand 'values' and why they are an important consideration.
- Use an action plan to give the best possible chance for a successful outcome.



# Goal Setting Session Plan

Session A



## Course Schedule

- A. Introduction to Goal Setting
- B. How Will Goal Setting Help?
- C. The Balance Wheel
- D. Values
- E. Setting the Goal
- F. Analyse the Current Situation
- G. Goal Setting Examples
- H. Goal Setting Practical
- I. Taking Action / Recap

