



Goal Discovery Program Proposal: Format



Duration: 3 days, 2 hour sessions

Description: The Goal Discovery program works with students to assess their current situation, evaluate their values and beliefs, and find out what drives their passion. An overall perspective of life leads them backwards to define goals to be working towards today, for a successful tomorrow. This program is designed for people who are unsure which direction they should be going in, whether because they are in transition or just starting out.

Materials: Project Progress: Goal Development Workbook

Instructor: Lynn Stevenson or Melissa Macfarlane

Day One:

- Introduction to Goal Discovery program. Group discussion on the meaning of goals, of reasons why students are taking the course, and what they hope to gain.
- The Web of Life—the Eight Areas of Life: Spiritual, Mental, Health, Social, Family, Career, Financial, Passion.
- Self Evaluation: Values Assessment, Wants vs. Needs, Contribution.

Day Two:

- Motivation and Strengths: Recognizing and assessing strengths and abilities.
- Positive Thought Patterns: Overcoming negative beliefs that hinder the achievement process.

Day Three:

- Refining Life Goals: Working backwards from a “Big Picture Goal”—the 25 year plan—to a relevant goal for today.
- Review of Internal and External Resources, and Action Plans.



Goal Achievement Program Proposal: Format

Duration: 3 days, 2 hour sessions

Description: The program for Goal Achievement is a directive on the importance of setting goals, exploring different goal types, and matching “your goals with your person.” Students examine their inner strengths and values, and match those to the goals they already have. A step-by-step guideline is provided to keep students focused on actions needed to finalize their goals. At the end of the course, students will have increased confidence in themselves, motivation, focus and increased determination. While this program is effective for goals in general, students are required to come prepared with a goal in mind to be able to apply directly what they are learning.

Materials: Project Progress: Goal Achievement Workbook

Instructor: Lynn Stevenson or Melissa Macfarlane

Day One:

- Introduction to Goal Achievement: The importance of setting goals, group discussion on types of goals, personal and professional, break down of goals.
- Is Your Goal for You? Values assessment: Examination of personal values and strengths; HEART goals.
- Positive Thought Patterns: Examination of how negative thought patterns and beliefs hold people back, turning negative patterns into positive ones for better results.

Day Two:

- Motivation: Why motivation helps you succeed in goals, group work on what motivates individuals.
- Goals from Three Perspectives: Visionary, Realist and Evaluator: Evaluating a goal from three angles allows one to see different perspectives on what they are trying to achieve.

Day Three:

- Setting Your Goals: SMART Goals, Internal and External Resources, Goal Setter Grid, Action Planner Sheet.