

Goals That Matter



For Intermediate Level



100 Minutes



Learning Objectives

- + Understand meaning and benefits of goals
- + Explore approaches and tools for setting meaningful goals
- + Learn how to translate goals into actions



Learning Tools

- + Facilitator driven discussions
- + Reflection tools
- + Shared stories and anecdotes
- + Goal setting tool
- + Paired exercise



Your Takeaways

- + Personal insights on goal setting
- + Learn and practice goal setting process
- + Goal setting energies
- + Become an effective goal setter

Learning Modules

- + Meaning and benefits of setting goals
- + Approaches to goals
- + Goal setting CARAT tool
- + Ensuring alignment to the larger context
- + Process for goal achievement
- + Importance of Calibration
 - Recharter
 - Feedback
 - Pulse check
- + Traits of a goal setter
- + Goal dialogues
- + Channelize your goals