

# Goal Mapping

## Course Profile



### Who's it for?

- Up to 30 students
- Aimed at years 6-13
- 2 ½ hour programme including break
- Staff benefit too!

*“Go for the moon. If you don't get it you'll still be heading for a star”*

**Willis Reed**

### Course Overview

Goal Mapping is the master life-long-skill for achievement. Learning how to Goal Map helps children and young people become clearer about what they want to aim for in life, inspires them to aim higher, and then empowers them with a leading success system to achieve their aims and objectives.

Goal Mapping is designed to unlock potential and help children and young people to achieve their best results.

The system is comprised from two main parts.

- Part one looks at the success philosophy of Positive Thinking, Self Motivation and Personal Responsibility.
- Part two is the Seven Steps of Goal Mapping process

Together both parts of the system work to help create a Goal Map of what they want to achieve, why they want it, how they are going to achieve it, and who they require help from.

### Aims & objectives

- To empower children and young people to take Personal Responsibility
- To boost individual Motivation - identifies what's in it for me!
- To enable children and young people to gain greater clarity, direction and focus
- To build self-belief and self-confidence
- To encourage Positive action

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