

Goal Setting

Course Profile



Who's it for?

The programme is designed to engage learners of different levels of ability, aged 13 - 21. It can be adapted for pupils in Years 8 - 11, post-16 learners and university students.

How is it delivered?

The programme is delivered by highly experienced, qualified facilitators, all of whom have enhanced CRB, to groups of up to 100 students, in a 2 hour programme.

Course Overview

The 'Goal Setting' workshop is an interactive and motivating session designed to help students think about what they are doing today and how this will have an impact on their employability tomorrow. It will encourage them to aim higher and to become independent thinkers. By the end of the workshop students will have set challenging but realistic learning and work goals based on their individual motivations, strengths and preferences. They will recognise any barriers to their progress and understand how to overcome these. Adhering to IAG guidance this programme is mapped to the matrix standard empowering young people to plan and manage their own futures, understand the concept of labour markets and how choices made now impact on long term work and career opportunities. It actively promotes equality of opportunities and challenges stereotypes demonstrating the main qualities, attitudes and skills needed to succeed in working life and independent living.

Aims & objectives

- To better understand the impact of achieving their potential today on their future success
- To better understand the link between successful education and employment opportunities
- To be motivated to think independently and create opportunities for themselves
- To learn the art of goal setting and to set realistic but challenging work and learning goals
- To understand and strive for balance across all significant life areas

In summary

Goal setting is a hugely important part of filling students with self-confidence and belief, empowering them to aim higher and to put meaning to their own futures. The success in this session is leaving students with written goals thus making a commitment to themselves. This gives a strong message of independence. It is a high energy, exciting and rewarding process looking at: The Labour Market, What is a Goal, Success, Brain Power, Role Models, Limiting Beliefs, Balance and Goal Setting. Students are empowered to find their own answers and to improve their overall employability.

For further information and availability on this course please contact Mediawise Associates:

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