



Goal Setting

Select Your Learning Style

Facilitator-led 1 Day Program (Classroom)

OR

eLearning format (Self-paced)

Please refer to Pricing Page for cost per participant

We all have things we want in life. The route to success is to take the things that we dream about and wish for, and turn them into reality. This program will lead participants through thinking, planning, and taking action on the things they really want. They will learn ways to ensure that they get where they want to go in life.

What Will Participants Learn?

- ✓ Identify what's important to you in your life
- ✓ Use goal setting activities and appropriate language to articulate what you want in your life
- ✓ Explain what your dreams and goals are for both the short and long term
- ✓ Use motivating techniques to help you reach your goals
- ✓ Understand how to deal with setbacks

What Topics are Covered?

- ✓ Self-understanding
- ✓ Laying the foundation
- ✓ What's in your bucket?
- ✓ Getting down to business
- ✓ Getting started today
- ✓ Dealing with setbacks

What's Included in Your Learning Style?

- ✓ Self-paced eLearning OR
- ✓ Interactive class environment – Facilitator-Led
- ✓ Specialized course materials and resources
- ✓ Personalized certificate of completion

Suite 203, Energy Square, 10109 – 106 Street, Edmonton, Alberta T5J 3L7

Phone 780.482.4490 Fax 780.488.4950

Email trainingwarehouse@microbusiness.ca Website www.trainingwarehouse.ca