

Goal Setting

Personalised learning at its best – full of fun and practical activities.

New for 2022/2023, our Goal Setting workshop has been designed from the ground-up to help students set and achieve their educational, professional and personal goals.

Whether the goal is achieving good GCSE results, or securing a place in their first choice university, this workshop teaches students to take a step-by-step approach to getting where they want to be.



Aims of the workshop

- To empower young people to take responsibility for their future
- To address some of the big questions facing students in further education
- To boost individual motivation and identify 'what's in it for me?'
- To enable young people to gain greater clarity, direction and focus
- To build self-belief and self-confidence
- To encourage positive action



Benefits

Learning how to identify and set goals is a vitally important skill. By clearly defining their ambitions, students can take immediate ownership of, and responsibility for, their future.

In this Goal Setting workshop, students are taught how to organise their thoughts and remove 'glass ceilings'. Realistic ambitions are framed in a new, positive light with the route to achievement broken into bite-size, manageable chunks.

Students are encouraged to visualise each step on the way to their goals and this encourages a can-do attitude. Each goal – whether it's career-focused, or about getting into university – is broken down into easy to navigate steps, making the overall destination easier to arrive at.

"Kim presented our Goal Setting Workshop. She was funny, easy to understand and clear, while the session was informative. The students enjoyed the process and enjoyed learning new ways to help them to get to their goals – 5 stars!" **Teacher**

Book your workshop

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Workshop overview

Our Goal Setting workshop teaches a practical and enjoyable method of organising thoughts, identifying ambitions, and setting goals that are high enough to excite and realistic enough to achieve.



Workshop content

As with all our courses, we adapt the Goal Setting workshop and its content to your students' needs and their stage in their learning journey. Whether you are interested in preparing students for the world of work, making choices about higher education or planning for exam success, goal setting is a tool that can be adapted for any number of life's big tasks or decisions.

This workshop strongly aligns to the Ofsted Three I's and Gatsby Benchmarks 1,3,4 and 8.



Results

Through the Goal Setting workshop, students:

- Create a vision for future success
- Gain a more positive attitude which leads to improved behaviour
- Learn skills for lifelong success
- Gain effective tools that can create positive solutions
- Understand the power of focusing on 'what you want' rather than 'what you fear'
- Start a journey of personal growth
- Begin to unleash their full potential



Practicalities

We recommend sitting students around tables in groups of four to six in a spacious room that is conducive to learning. Your Positively You event can be broken down as follows, depending on your timetable:

- 4 x 1-hour workshops
- 3 x 80-minute workshops
- 2 x 2-hour workshops

Each workshop can accommodate no more than 100 different students and can be delivered face-to-face or online. Goal Setting is able to be delivered in Welsh.

We are Positively You

We are one of the UK's leading providers of educational workshops. For over 20 years, we've delivered transformative student workshops, inspiring teacher development sessions and supportive resources for parents.