

Goal Setting

Helping students identify goals and make plans to achieve their ambitions.

Our Goal Setting workshop has been designed from the ground-up to help students set and achieve their educational, professional and personal goals.



Aims of the workshop

- To empower young people to take personal responsibility for their learning
- To boost individual motivation and help students to see 'what's in it for me?'
- To help young people gain greater clarity, direction and focus
- To build self-belief and self-confidence
- To encourage positive action



Benefits

Learning to set goals is a vital skill; it enables students to take ownership of, and responsibility for, their own future. Through our Goal Setting workshop, students are taught to 'think big', clearly identify their ambitions and remove 'glass ceilings'.

We teach strategies for breaking goals into bite-size, manageable chunks and how to visualize each step on the way. Pupils start to adopt a 'can-do' attitude and see that their goal, no matter how big, can become achievable when it's broken down into individual steps.

"A really high-impact workshop that the students got a lot out of. Based on this, we wouldn't hesitate to book Positively You for future events."

St. Aiden's Catholic Academy

Book your workshop

01983 294737

positivelyyou.org.uk

info@positivelyyou.org.uk



Workshop overview

Goal Setting is a powerful workshop designed for children in Years 5 and 6. Through fun and interactive sessions, we teach goal-setting principles that can help pupils to identify and harness their aspirations. These transferrable skills help to support learning throughout a child's education and beyond, and are useful tools to aid transition into Year 7.

Students are taught practical and enjoyable methods of organising their thoughts, identifying ambitions, and setting goals that are high enough to excite and realistic enough to achieve.



Workshop content

As with all our workshops, we tailor each session to meet the individual needs of the school and its students, with a range of presentation styles to reach every learning need and ability. In the goal mapping workshop, students learn how to identify goals and ambitions in the school environment and in their wider life. They are taught simple, creative techniques to organise their thoughts and break goals into manageable, measurable and achievable steps.



Results

Students benefit from:

- A clear vision of, and roadmap to, future success
- A positive attitude and the improved behaviours associated with it
- New skills that help forge lifelong successes
- A suite of effective tools that create positive outcomes
- A focus on 'what you want' not 'what you fear'
- A personal growth mindset
- The opportunity to unleash their full potential



Practicalities

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.