

Goal-Mapping

Workshop Outline

The programme contains a mixture of mental strategies, interactive exercises, experiential learning, and goal setting sessions.

Proposed workshop Content

- **The Winds of Change**, *learning to greet change as an opportunity for success*
- **The Benefits of Positive Thinking**, *the power to find answers to problems*
- **The DAC Factor**, *understanding the importance of Drive, Attitude and Confidence*
- **The Winning Edge**, *identifying the 20% of what makes you most effective*
- **Raising Your Awareness**, *personal paradigms and their effect on performance*
- **Developing Possibility Consciousness**, *fine tuning your beliefs to release your potential*
- **Find Balance**, *learning to create synergy-of-self and be at your best*
- **Be on Purpose**, *clarifying and aligning your purpose, goals, and motivations*
- **Become Fully Response-Able**, *exercising your power to choose your response*
- **Maintain A Positive Focus**, *conditioning your subconscious to achieve your goals*
- **The 7 Empowering Questions**, *7 questions to clarify your purpose and goals*
- **The 7 Steps of the Goal-Mapping Technique**, *envisioning and mapping your future*
- **Creating the Team Goal Map**, *repeat of the 7 steps to create a unifying team Goal Map*
- **The Goal Mapping Ritual**, *using and applying Goal Maps for sustainable success*

Objectives

After completing the programme the participants will:

- ◆ **Understand the importance of setting goals on a regular basis**
- ◆ **Examine and align personal beliefs**
- ◆ **Learn how to condition their subconscious for success**
- ◆ **Gain awareness of their cycle of creation**
- ◆ **Experience the power of creative visualisation**

- ◆ **Identify their areas of excellence**
- ◆ **Be more focused, inspired and proactive**
- ◆ **Create their own personal Goal-Map and action plan for the period ahead**

To arrange a Success Workshop for your team, simply **get in touch**

susie@susiemitchell.co.uk

www.susiemitchell.co.uk