

TRAINING SUMMARY

<u>COURSE NAME</u>	Effective Goal Setting	<u>LENGTH</u>	30-40 mins
<u>COST</u>	\$49.99	<u>LANGUAGE</u>	English
<u>JURISDICTION</u>	National (Canada)	<u>VOICEOVER</u>	Yes

DESCRIPTION

When done effectively, goal setting can unleash the hope of opportunity and the power of action. Framing organizational imperatives into goals that are meaningful and personally relevant not only makes people more likely to achieve the goals they set, but also helps people feel energized and have greater sense of satisfaction while pursuing their goals.

This module offers participants a new take on SMART goals and explores the latest research regarding motivation and goal setting. Individuals get off to the right start by creating goals that are truly SMART so they can focus their energy, sustain motivation, and increase the likelihood of achieving successful outcomes.

LEARNED TOPICS/OBJECTIVES

- Understanding the importance of goal setting
- Identifying the benefits of setting goals
- Using the SMART model for effective goal setting
- Applying the key steps to setting achievable goals

ASSESSMENT

Testing conducted throughout this course is designed to reinforce the information presented. A mark of 80% must be achieved in order to receive a certificate of completion. Participants are able to repeat the course if the pass mark is not achieved.

Upon successful completion of this online course, a certificate of completion will be available for download and printing.