



Finish the Race Attitude: Set Goals, Overcome Obstacles and Achieve Outstanding Results

This workshop will discuss the importance of setting goals that are realistic, but challenging, resulting in achievements you never thought possible. Learn the benefits of having a supportive team and the value of committing to a goal and not becoming overwhelmed by the task ahead. Explore strategies to help you overcome obstacles, make adjustments and stay motivated along the way. This session will inspire you to celebrate successes, learn from the challenges and enjoy the journey.

Why Set a Goal?

- Why Goals are they important?
- What stops us from Goal setting?
- Get ready, Get set. Goal!

Step 1: Goal Setting

- Stretch: What is the gap?
- Planning: What can I do to prepare?
- Support: Who will support me?
- Commitment: Who will I share the Goal with?

Step 2: Goal Execution

- Measure: How will I measure my progress?
- Communicate: How will I let people know how I am doing?
- Obstacles: What might block me?
- Chunk down: How can I break the Goal down?

Step 3: Goal Completion

- Discoveries: What did I learn?
- Celebrate: How?
- What's next: Bigger Goal?