



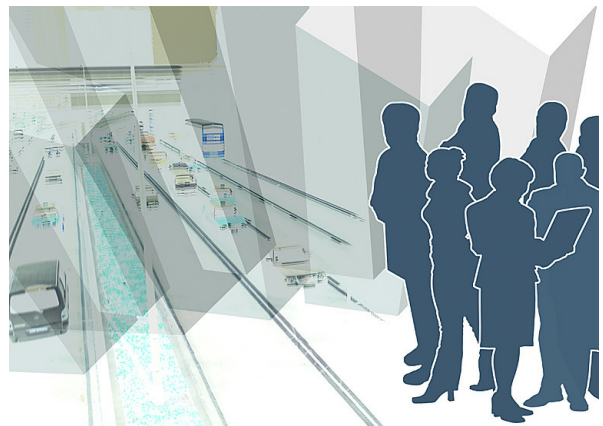
**Your Stress Management**

Helping to prevent stress and improve wellbeing

**Your Stress Management - Wellbeing - Training - Consultancy**

## **Goal Setting and Motivation**

**Be more effective with goal setting  
and become more motivated  
leading to improved performance**



## **Course Title: Goal Setting and Motivation**

### **Overview:**

This course is suitable for managers on how to implement the Management Standards and understand all the issues in tackling work-related stress. You will learn how to describe the organisational approach to work-related stress, explain the risk assessment approach, describe the management standards in detail and develop an action plan.

### **Outline Programme:**

- Explain how to design your dream life
- Describe the purpose of goal setting
- Understand the characteristics of an effective goal
- To make your goal a reality
- Understand how to be Motivated
- Become motivated and self-confident

### **By the end of the course each delegate will be able to:**

- Explain how to improve your lifestyle at work and at home
- Be more competent in goal setting
- Ensure that goals are effective to lifestyle
- Explain SMART
- Be more motivated and self confident

The course is interactive and includes group discussion, full explanations, exercises and practical work. Numbers are limited to keep groups small. Can go towards your CPD.

**Duration:** Full day

### **To Book:**

Phone: 0141 416 0779 or book online

E-mail: [info@yourstressmanagement.co.uk](mailto:info@yourstressmanagement.co.uk)

[www.yourstressmanagement.co.uk](http://www.yourstressmanagement.co.uk)

Other suitable courses: Assertiveness and Confidence Building

