

## Goal Setting, Planning, and Decision Making

*Lisbon (Portugal)*

*23 - 27 December 2024*

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## Goal Setting, Planning, and Decision Making

Code: LM28 From: 23 - 27 December 2024 City: Lisbon (Portugal) Fees: 4400 Pound

### Introduction

Success in any personal or professional endeavor requires a clear vision, effective planning, and the ability to make well-informed decisions. This training course aims to empower participants with essential skills in goal setting, strategic planning, and decision-making to achieve their objectives and maximize their potential.

### Course Objectives

- Understand the significance of goal setting and its impact on personal and organizational success.
- Develop SMART Specific, Measurable, Achievable, Relevant, Time-bound goals that align with their values and priorities.
- Master the art of strategic planning to chart a clear path toward goal attainment.
- Enhance their decision-making abilities by considering various factors and analyzing potential outcomes.
- Apply practical tools and techniques to overcome obstacles and stay motivated throughout their journey.

### Course Outlines

#### Day 1

##### Introduction to Goal Setting

- Understanding the importance of setting clear and meaningful goals.
- Differentiating between short-term and long-term goals.
- The psychology of goal setting: Motivation and self-discipline.
- Crafting SMART goals to increase the likelihood of success.
- Aligning personal and professional goals with organizational objectives.

#### Day 2

##### Strategic Planning for Success

- The concept of strategic planning and its relevance in different contexts.
- Conducting a SWOT analysis Strengths, Weaknesses, Opportunities, Threats.
- Defining strategies and action plans to achieve set goals.
- Breaking down long-term goals into actionable steps.
- Monitoring progress and making necessary adjustments in the planning process.

A graphic of a chessboard with several chess pieces (a king, a queen, a rook, and a pawn) on it, set against a background of concentric circles. The text 'UK Training PARTNER' is overlaid on the right side of the chessboard.

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### Day 3

#### Decision-Making Under Uncertainty

- Understanding the decision-making process and its challenges.
- Recognizing cognitive biases and how they influence decisions.
- Analyzing risks and rewards in decision-making.
- Incorporating ethical considerations into decision-making processes.
- Strategies for making effective decisions in high-pressure situations.

### Day 4

#### Problem-Solving and Overcoming Obstacles

- Identifying and defining problems hindering goal achievement.
- Approaching problem-solving systematically.
- Utilizing creative thinking techniques to generate innovative solutions.
- Building resilience and adapting to unforeseen challenges.
- Leveraging failures as learning opportunities for growth.

### Day 5

#### Sustaining Motivation and Success

- The role of motivation in goal pursuit.
- Developing habits and routines that support goal attainment.
- Celebrating achievements and maintaining momentum.
- Balancing short-term rewards with long-term objectives.
- Creating a personal action plan for continuous self-improvement.

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 International House 185 Tower Bridge  
Road London SE1 2UF United Kingdom

 +44 7401 1773 35  
+44 7480 775526

 [training@blackbird-training.com](mailto:training@blackbird-training.com)

 [www.blackbird-training.com](http://www.blackbird-training.com)

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