

Goal Setting, Planning, and Decision Making

London (UK)

3 - 7 March 2025

UK Training

PARTNER



Goal Setting, Planning, and Decision Making

Code: LM28 From: 3 - 7 March 2025 City: London (UK) Fees: 4700 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 knight) in gold and silver. The board is white and black, and the pieces are arranged on the board. The text 'UK Training PARTNER' is overlaid on the right side of the board.

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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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