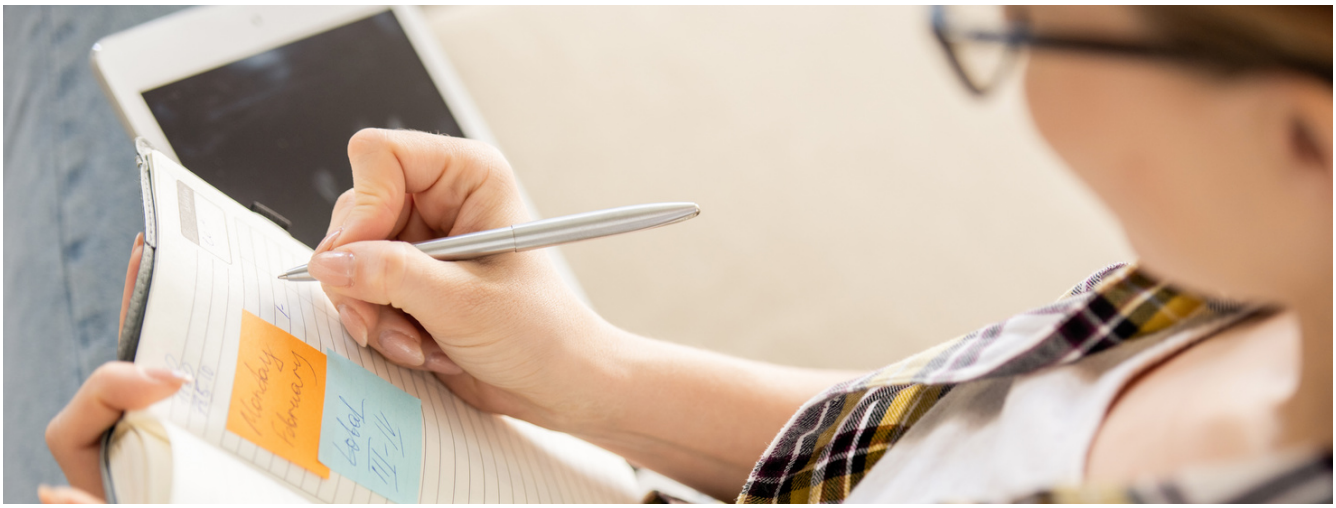
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LEARN TO GROW

A Monthly Newsletter by Pauline Weddell - Learn To Grow



Setting SMART Goals



Setting personal and professional goals for yourself keeps you motivated. They help you fulfil your responsibilities and daily to-dos.

Goals also help you keep moving forward when life is full of day-to-day tasks. Setting goals helps you not get stuck. Goals provide an important reminder of the big picture: with persistence and hard work, you can reach your full potential.

First things first: there's no right or wrong way to set and achieve your goals. It all depends on your preferences and what works best for you. Regardless, clearly outlining what you're striving toward is a great start.

One method worth considering is the SMART goals method. SMART is an acronym, with each letter representing an aspect that helps set your professional goals.

S - Specific. You want to make your goals as specific as possible.
M - Measurable. Determine how to assess your goals and keep track of your progress. Will you keep a journal? Check items off of a to-do list? Have team meetings to discuss your accomplishments?
A - Attainable. Although pushing yourself to do better isn't bad, your goals should be achievable. Developing plans too far out of reach isn't healthy and can stir up negative feelings and attitudes. Setting goals should keep you inspired and working hard for yourself or your team, not discourage you.
R - Relevant. Your ambitions should be purposeful and suitable to your career and professional environment. If what you want to achieve isn't in line with what you can achieve, maybe you need a career change.
T - Timebound. Establishing a time frame to achieve your goals will help you work harder and smarter, and see results quicker. This also gives you a marker on the calendar so you can access whether or not you've achieved a goal. This gives you an opportunity to recalibrate as needed.

SETTING SMART GOALS

LEADERSHIP TRAINING PROGRAMMES

Leadership Training Courses 2023

Something for everyone

We have a wide range of leadership development programmes for 2023. Below we have outlined a few of our most popular programmes.



Aspiring Leaders Programme
We take delegates on a journey to help them build the foundations for a highly successful career. Starting with exploring what motivates them, to their perceived strengths and weaknesses, right through to analysing and understanding behaviours, management techniques, problem solving and more. We build the skills, knowledge and behaviours that support delegates in their day-to-day roles as well as preparing them for future roles they aspire to hold within your business.

Areas we cover include management vs. leadership,, building relationships, decision making, communication and delivering results. This is a 6-month programme.



LEAP Programme
Our LEAP programme helps managers take that next leap into leadership. It helps leaders identify ways to create own solutions to problems and be a stronger problem solver. It offers tools to help develop ability to lead change and initiatives forward.

LEAP is a 12-month, cohort-based leadership programme that transforms managers into leaders capable of guiding teams to move their organisation to the next level. This programme offers participants 1-1 coaching support to help take ideas into action.



We also offer a wide range of organisational support helping your business grow. We can help you define your vision &values, create a behavioural framework, review your talent management and assess your organisational culture.

We have a wide selection of programmes and workshops that can be tailored to meet your specific organisational needs. Please contact us to discuss your requirements on 07976 028132 or email us at Info@learntogrow.me for more information.

Check out or website at www.learntogrow.me

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