Goal Setting Best Practices - SMART

Modality: On Demand

Duration: 15 Min

About this Course:

This course is a master class in helping individuals create effective and achievable goals. It is designed to remove the fear that comes with setting up goals and gently eases you into designing your own goals and reaching them.

Most of the people are very hesitant when it comes to setting up goals. This fear has its roots in the fact that most individuals believe that this would be a very complex process and would require a lot of time dedicated to setting up goals. This course aims to help solve this problem by employing the use of a SMART model to make things easier and quicker. The SMART model is designed to shorten the amount of time required to set up a goal. It also helps to create more practical and realistically achievable goals.

Streamline your goal making process today, create more goals and quit over analyzing the situation.

Prerequisites:

There are no prerequisites which are an absolute requirement for attending this course.

Course Outline: