

TRAINING DETAILS

SHARING EXPERIENCES AMONG DOMESTIC EXPERTS AS PART OF DISSEMINATION

PERSONAL GOAL CREATION

LILLAFÜRED

The personal goal creation training held on 15. 10. 2019 was led by Dr. Katalin Szabó – coach, head of institute in Szent István University's Institute of Social Studies and Lecturer Education.

The training mainly oriented towards those that find it hard to progress from specific uncertain life situations, those who feel they're only going with the flow, and things happen to them without any semblance of control. These people often dream of developing in their workplace, and want to progress in their lives, but can't decide how to start. Therefore, most of the time, they don't even start, or often fail and are unsuccessful, since they can't determine clear goals for themselves, or construct a good plan to match them. Sadly, many people find it hard to find proper goals and define them. This may become a challenge for the individual in blooming their talents, and could end up in failure and sadness.

The personal goal creation training's participants could familiarise with techniques and methods which help them forming their dreams and incentives into defined goals, and with principles which are easy to follow when finding these goals. They can learn how to deconstruct their long-term life goals into short-term targets, the conditions of determining goals alone, and what SMART goals are all about, and how they assist their personal development.

They could also learn that determining goals is based on the important context of our environment, since they need to match goals by all means, and they could learn the importance of positive goal defining.

Based on the feedback, participants left with positive experiences. And techniques and methods which will hopefully get them closer to their goals and dreams.



Photo documentation:

<http://www.projectlifemanagement.eu/galeria/>

Related blog posts:

<http://www.projectlifemanagement.eu/en/smart-goal-defining/>