

A woman with dark, curly hair is sitting at a table, wearing white headphones and a grey hoodie. She is looking down and writing in a notebook with a black pen. A glass of water is on the table to her right. The background shows a window with wooden frames.

SETTING BOLD GOALS

The beginning of the year is when most of us set new goals. Unfortunately, many of these goals are abandoned after less than a month.

Why?

Because we are mostly unaware that there is a right and wrong approach to goal setting.

As a consequence, we either set the wrong goals, or we set the right goals but the wrong way.

Either way we fall short of both our creative and performance potentials in our private and working lives.

This session focuses on the most recent research in goal-setting theory, and offers practical tips to set BOLD goals that inspire our brain and spirit alike.





THE CONTENT OF THIS SESSION

- The neuroscience of goal setting
- How goal setting triggers flow states
- The fatal flaw in SMART goals
- The 3 types of effective goals
- High and hard goals: commitment & passion
- Clear goals: guiding daily attention & effort
- Goal mapping: your plan for change



This workshop is facilitated by Mariann G.

Mariann has a deep rooted passion for enhancing human potential. Her most recent academic training is an MSc in Health Psychology - University of Leiden (NL).

Her international corporate experience includes assignments with The European Commission, and PwC CEE region.

Expertise

- Training high-impact teams and individuals to create resilience, reduce stress and build coherence that translates into measurable improvements in mental well-being, vitality, quality of life and ultimately performance;
- Designing and implementing projects on: leadership development, heart-based leadership, employee engagement, finding inefficiencies in business processes, improving horizontal and vertical cooperation, aligned communication trainings, team building, change readiness audit;
- Consulting on strategic interventions to increase mental and physical well-being with a focus on primary, secondary and tertiary prevention strategies;
- Providing advise on corporate stress management (solutions for behavioural, physical and psychological symptoms of stress) and developing health behaviours that drive KPIs.