# Introduction and goal setting

## Objectives

* To give an overview of Scope and the Starting Line programme
* To get to know each other
* To share your goals and expectations
* Learn the difference between a goal and a SMART goal
* Learn how to set goals that help us achieve our long-term aims
* Understand the importance of regularly revisiting goals
* Skills practice in writing goals

## Your adviser’s role

* To support you to reach your goals
* To offer advice
* To share their knowledge
* To learn from you

## Your role

* To support each other
* To attend all session on time
* To ask questions
* To be involved
* To share ideas and your experiences
* To be responsible for your own learning
* To have fun!

## Ground rules

Ground rules are about how we will work together so that we all feel happy and create a positive learning atmosphere.

We will all do this activity together. Afterwards you can write down our agreed lists here if you would like.

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| Things we should do | Things we should not do |
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## What can group sessions offer you?

* Training in employment skills
* Individual and group sessions
* Specialist employment advice, tips, and motivation
* Interview preparation skills
* Personalised action plans, so you will know what to do next

## How does it work?

* 7-week programme
* Timetable of modules
* Agreed one-to-one sessions focussing on what you need including support with applications for work or training
* All actions agreed on your personalised action plan updated regularly



## Goal setting

### Objectives

* Learn the difference between a goal and SMART goals.
* Learn how to set goals that help us achieve our long-term aims.
* Understand the importance of regularly revisiting goals.
* Practise writing goals.

## Activity 1 – your goal

A: What are your goals?

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B: When would you like to achieve these goals?

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C: What help do you think you need to achieve these goals?

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D: What do you think could stop you?

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## Activity 2 – Making your goal SMART

Think about Activity 1 and your goal. Can we turn them into a SMART goal?

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| --- | --- |
| Your goal |  |
| S |  |
| M |  |
| A |  |
| R |  |
| T |  |
| Your SMART goal |  |

## The importance of reviewing your action plans

During the programme we will regularly review your action plans with you:

1. Has the goal been achieved or changed?
2. Have all the steps been met?
3. Which steps were not met and why?
4. Which steps were achieved and why?
5. What might you have done differently?
6. If you were doing it again, what would you change?
7. What worked?
8. What did not work?

## Personal action plan – setting goals

### What have I learnt?

### What more support do I need?