

East Kent

Affiliated to Mind in Bexley Limited | Company No. 05393807 | Registered Charity No. 1110130

Increasing Assertiveness

The process of setting goals helps you choose where you want to go in life. By knowing precisely what you want to achieve, you know where you have to concentrate your efforts. You'll also quickly spot the distractions that can, so easily, lead you astray.

Our weekly workshop will look at the meaning and importance of goals, and how to begin the process of setting your own personal goals.

Looking at the types of goals you want to set, this workshop will help you learn about how to make your goals realistic, as well as how to make them more achievable. Each week we set goals and reflect on the outcome of the previous week. As a personalised goal setting workshop, you will learn how to increase motivation to fulfil your identified goals.

The workshop promotes the use of cognitive coaching, self-awareness and self-reflection to enable you to clearly define goals and raise self-confidence in your ability and competence to achieve the goals that you've set.

Discussion, participation in peer support group activities and exercises will also give you alternative ideas and view points on how you can be flexible in your approach to goal setting.

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or book online at: eastkentmind.org.uk