

Coach-in-a-Box Goal Setting – Outline and Contents *(for Windows)*

Information

Outline and contents - *(pdf)*

Step by step instructions - *(pdf)*

Goal setting information - webinar *(avi)*

Goal setting information - slide deck *(pdf)*

Exercises

Values:

Exercise - form *(doc)*

Visioning :

Guided visioning activity - audio *(wma)*

Exercise - form *(doc)*

SMART Goals:

Information - powerpoint *(pptx)*

Exercise - form *(doc)*

Strategic Plan:

Exercise – sheet *(xlsx)*

Growth Plan

Pre and Post Goal Setting Surveys – 2 forms *(doc)*

Goal Setting Accountability Chart – sheet *(xlsx)*