***Pankaj Garg***

## Course Proposal

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| Course Title | *Setting and Achieving goals in Life* |

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| Subject | *Well-being and mental health* | Age Group | 11+ |

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| Number of Lessons | *8* | Duration of Lessons | 60 Mins |

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| Key Skills | *SMART goals*  *Positive thinking*  *Setting and achieving goals*  *Motivation* |

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| Course Overview | This course will help students to plan their SMART goals, the goals which are specific, measurable, achievable, relevant and time specific. Methods will be provided to build their ability to make road maps towards their goals. It will also provide methods and techniques to keep motivated towards their goals.  The course will be helpful for students to become organised in life. It will also talk about the resources required to achieve the respective goals. The course will introduce students to the techniques for handling success and failure in life.    The course will talk about various successful people and what they do to achieve their goals. The course will include examples of a few successful people and their life journey to motivate the students and improve their well-being.  Using techniques of NLP and mindfulness, students can be benefited with tools for achieving their goals. |

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| Lesson Titles | Lesson 1: Setting SMART goals  Lesson 2: Road Map to your goals  Lesson 3: Resources required to achieve goals  Lesson 4: How to keep motivated  Lesson 5: How to handle success and failure  Lesson 6: What successful people do to achieve their goals  Lesson 7: Biography of successful people in their field  Lesson 8: Role of mindfulness to achieving goals |

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