



KOTESOL

Daegu-Gyeongbuk Chapter Workshop

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GOAL SETTING FOR PROFESSIONAL DEVELOPMENT

Resolutions and Goal-setting

I can't believe it's been a year since I didn't become a better person.



your  cards
someecards.com

My New Year resolution is to enjoy watching everyone fail at their New Year resolution.... and to drink, a lot.



some  cards
user card

Resolutions and Goal-setting

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” - Aristotle

► Overview

1. Identify some bad habits
2. Brainstorm some new, successful goals for educators
3. Create an action plan

► *“If you keep doing what you’ve always done, you will keep getting what you’ve always gotten.” – Tony Robbins*

Workshop Activity: Confession Time – Bad Habits

STEP #1

IDENTIFY A BAD HABIT
WHY IS IT A PROBLEM?

E.G.

Punctuality?

Over preparing?

Taking work home?

Forgetting names?

STEP #2

DEFINE A NEW,
SUCCESSFUL
ALTERNATIVE HABIT TO
ADDRESS #1

STEP #3

MAKE A 3-PART ACTION
PLAN TO ENSURE #2
HAPPENS.

"I will..."

1. _____

2. _____

3. _____

"In order to (step#2)

Goals are...

“A goal is the ongoing pursuit of a worthy objective until accomplished.”

Workshop Activity: Brainstorming PD opportunities for Educators

STEP #1

Brainstorm ideas for professional development – anything that might benefit, promote growth, learning or generally enhance teaching practice.

STEP #2

Narrow down your list to the most interesting possibilities – star or underline your favorites.

E.G.

Start a reflective journal

Classroom observations

Blogging...

Present at a conference

STEP #3

Rank and present your top #3

"I will..." / "We would..."

- 1.
- 2.
- 3.

And, your start date is...?

Achieving Goals

“People don’t wander about and suddenly find themselves on Mt. Everest.” – Zig Zigler

- ▶ All goals need to be written
- ▶ Make it objective and results focused
- ▶ Set difficult but achievable deadlines

In short, they must be **S M A R T**

- ▶ (Specific, Measurable, Action-based, Realistic, and Time-bound).

Tips for Achieving Goals

“There is no such thing as unrealistic goals, only unrealistic timeframes.” – Jack Canfield

- ▶ Go for your goals! Focus on the positive rewards.
 - ▶ Make a plan with sub-goals. Sub-goals also need rewards.
 - ▶ Tell others your plans– go public! (E.G. Facebook, blog, etc)
 - ▶ Remember your completion date?
 - ▶ What about procrastination? The brain hates unfinished business. Try to start now for “Just 5 minutes...” - you won't stop!
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- ▶ Doing simple things daily with great consistency is the key to successful goal completion!

Every Day, B-ALERT

☑ **B – Blueprint**

- ▶ Your daily plan. Priorities, appointments, projects. Review the night before or early in the morning.

☑ **A – Action**

- ▶ Concentrate on the most important activities and sub-goals that will move you towards accomplishing your big goals.

☑ **L – Learning**

- ▶ Expand your knowledge through reading, video, mentors, courses etc.

☑ **E – Exercise**

- ▶ Re-energize for thirty minutes.

☑ **R – Relaxation**

- ▶ Eliminate stress. Nap, meditate, listen to music, family time.

☑ **T – Thinking (reflection)**

- ▶ Review goals, develop ideas, journal...

Consistency Is a Virtuous Cycle

Making better choices every day...

...develops better habits...

...builds character...

...attracts bigger and better opportunities...

...allows you to contribute more...

...brings you better results and rewards...

(repeat ad-awesium)



A VICIOUS CYCLE