

Goal Mapping

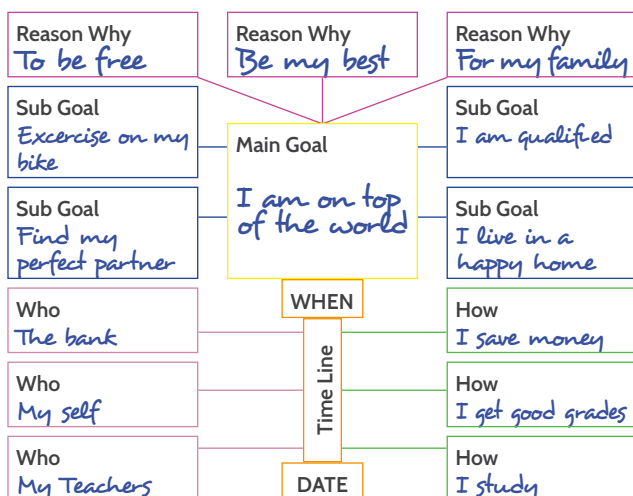
Programme Approach for Education

The Goal-Mapping technique is a unique *whole-brain* achievement system designed to help all manner of people command their subconscious mind to move towards their consciously chosen objectives, or goals, and thereby maximise on their potential.

It has long been known that goal setting is a natural function of the brain; once the *conscious decision* or *goal* has been set, a *sub-conscious* process is triggered that begins to influence the transformation of the decision into an action, and ultimately on to an achievement.

The Goal-Mapping technique enhances this natural mental ability by using a balance of **left-brain KEY WORDS** and **right-brain PICTURES** powerfully communicating a person's consciously chosen goals to their subconscious autopilot, at a sufficiently deep level, so that their subconscious begins to automatically pursue the goal. To help in the creation of a Goal Map, a combination of left-brain and right-brain templates are provided for the user to enter their goals. As the student is guided through each of the 7 steps of Goal Mapping they fill in the templates and thereby gradually create their very own Goal Map of *what* they want, *why* they want it, an action plan of *how* they intend to achieve it, and *who* will be involved.

Left Brain Goal Map Example



Right Brain Goal Map Example



Testimonials

It has really inspired me. Something I thought I couldn't do - now I can. I wake myself up without an alarm clock. I believe in myself. I look at my Goal Map and say 'I can do it' - and I can do it better.

It was really good and inspiring. It has helped me with the way I think when I want to do something, I feel more confident about myself."

It made me think more positively and achieve anything I put my mind to."

It gives you a different view on life. Using Goal Mapping has helped me with some personal problems that I had

Students of Eaglesfield School, Greenwich

The Goal Mapping programme was thought provoking, stimulating and most importantly effective. Every child left the day with a clear plan of where they were going and how they were going to get there.

I loved the way the children presented back their final Maps. The results have been dramatic, Year 9 went on to achieve the schools best ever set of SATS results, with performance in all subjects improving.

The programme's now a permanent strand in the school's drive to raise achievement, and I recommend it unreservedly.

**Pete Spencer - Deputy Headteacher,
Pembroke School**

A child who can set and accomplish a simple goal, will become an adult who knows the joy of changing the world

Linda & Richard Eyre