



Top Picks for Topics

THE OFFICE OF DIVERSITY, EQUALITY, AND TRAINING'S RECOMMENDATIONS FROM COMMONWEALTHU AND BEYOND TO ENHANCE YOUR PROFESSIONAL DEVELOPMENT

GOAL SETTING

WHY THIS MATTERS

Goals give you focus and motivation, allow you to measure your progress, keep you locked in and undistracted, and help you overcome procrastination.



AND THE WINNER IS...



Subconscious Goal Setting for Rapid Results

Instructor Jill McAbe examines the neuroscience behind goal setting and how it's not as easy as saying, "I'm going to set a goal".

She embarks on the conscious and subconscious parts of the brain to truly help you understand why goals sometimes work and sometimes fail. She recommends and explains the MOMA (Motivating Outcomes that are Measurable with Appointments for review) Goal process in detail.

QUICK FACTS

Duration: 1 hour, 2 minutes
Publisher: Jill McAbe
Best Feature: The comparison of conscious and subconscious



HONORABLE MENTION FOR RELEVANCE

Effective Goal Setting

This course discusses SMART goals in depth, which would be helpful for managers and employees alike. SMART goals are the recommended method for creating goals in MyPERFORMANCE, our performance evaluation system.

OTHER GREAT RESOURCES

COMMONWEALTH U:

- Goal Setting for Managers

TED TALKS:

- "Four Keys for Setting and Achieving Goals" *by William Barr*
- "Setting Goals That Matter" *by Samantha Kris*
- "If You Want to Achieve Your Goals, Don't Fix on Them" *by Reggie Rivers*

WEB SITES:

- <https://positivepsychology.com/goal-setting/>

BOOKS:

- ***The 7 Habits of Highly Effective People*** by Steven Covey
- ***How to Get Everything You Want*** by Brian Tracy