

# Workshop On Goal Setting

A goal without action is a dream

## **DESCRIPTION:-**

Mr. Anurag Aggarwal, before taking up this Herculean task of making people know how to be able to face the public and master the art of public speaking, had a flourishing successful business enterprise that he was heading. So he is fully aware of the importance of goal or a predefined aim in one's life.



This workshop basically consists of sessions that would teach you the need to have an aim to drive you to head towards success in your life. It enables you to be able to come out of your confused state of mind, to be able to decide what u want to do, what do you aspire for, what are your expectations from life. After attending this workshop, you will emerge out as an individual with better sense of your dream and aims, and a determined attitude to achieve it.

## **Designed for:**

Middle and upper management.

## **Duration:**

One day workshop (6 and a half hours excluding breaks)

## **Contents:**

- ◆ A goal without action.....is only a dream, and will remain one
- ◆ Each step brings you closer to your goals, no matter how distant it may be.
- ◆ Always write your goals, give each a separate sheet.
- ◆ Review your goals atleast twice a day
- ◆ A good way of achieving your goal is to work under pressure
- ◆ Impatience leads to change of focus. Patience leads to success

## **Methodology :**

- \* Motivational Training (no lectures or monologue)
- \* Role plays and exercises.
- \* Sharing live examples. (Experiential Learning)
- \* Inviting participants on stage to share their experiences.
- \* Games related to the topic to make learning easy and fun.
- \* Power point slides and video clips.
- \* Question-Answers at the end of every session.

## Before Workshop

- \* Participants can send their problems and questions,
- \* if any, two days in advance at [info@anuragaggarwal.com](mailto:info@anuragaggarwal.com)

## After Workshop :

- \* Participants can take Mr. Aggarwal's personal email & mob. no. and can get their problem solved.
- \* How to develop confidence
- \* How to start a talk
- \* How to close a talk
- \* How to make the middle body of the talk
- \* How to talk in terms of your listener's interests
- \* Making the talk to convince
- \* How to speak with contagious enthusiasm
- \* How to make impromptu talks
- \* How to organize longer talks
- \* Voice modulation
- \* How to introduce speakers
- \* How to improve your diction
- \* Platform presence and personality
- \* Body language
- \* Group discussions

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