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**Member
Events**

**New Years
Resolution
Revolution**





Friendly Reminders

While waiting for others to join us...

- ✓ Please have microphones on mute
- ✓ Q & A at end of webinar
- ✓ Recording available afterwards

New Year's Resolution Revolution

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About Me



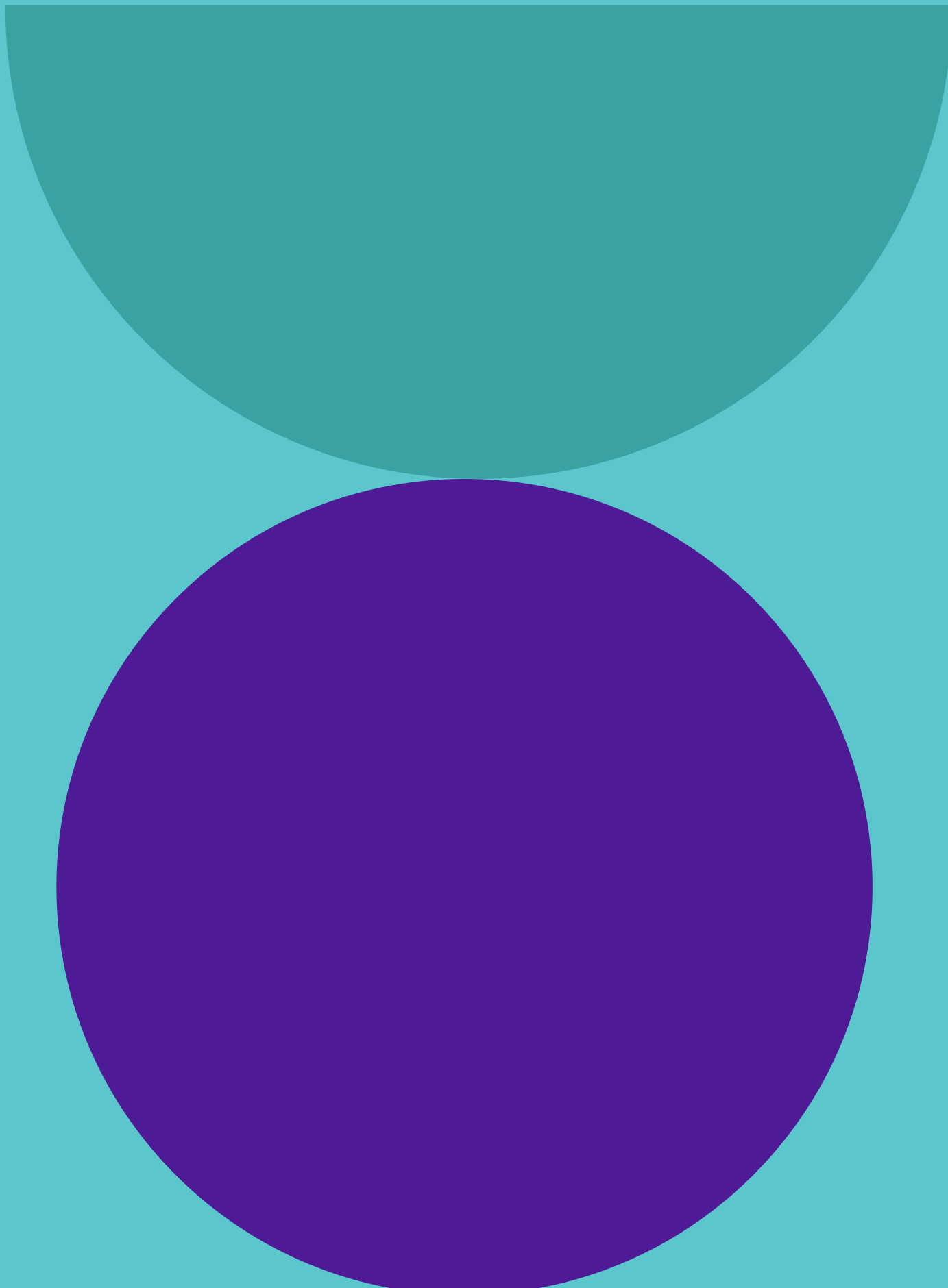
Sue Landsberg

DCM Learning Trainer

What does success look like
to you in 2024?



New Year's Resolution Revolution



2023 In Review

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In 2023

What stood out for you? Highlights

What did you do well? Worked out well?

What did you learn?

What was the impact?

What do you want continue?

How do you want to grow?

What changes do you want to see?

What will you stop?



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Let's Look Ahead

Consider everything

you **WANT** to BE, DO and HAVE In the next 1/5/10 years

Consider everything

you DON'T WANT to BE, DO and HAVE in the next 1/5/10 years



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Benefits Of Goal Setting

Stretch comfort zone

Boost confidence

Increase motivation

Expand possibilities and opportunities

Greater fulfilment

Realise potential

More balanced life personal/professional life

Increase satisfaction and pride

Improved wellbeing



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Your Values & Strengths

Identify and use your superpowers!

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Aligning Your Values & Strengths To Your Goals

Confidently set goals & make decisions that are right for you

Feel more fulfilled

Increased motivation and energy



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Your Values

Your most powerful internal gps in decision making

When did you last feel really fulfilled?

Recall a recent time you felt energized?

Think of a time you felt really happy.

Reflect on a 'great day' at work.

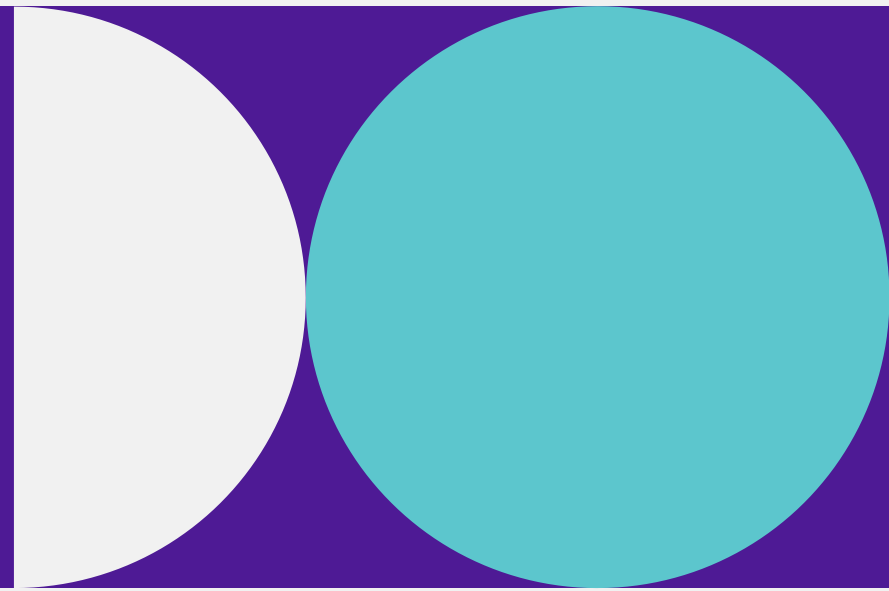


What happened?

What gave you that feeling?



That is your value.



Your Values

Your oasis to reflect and gain clarity
when facing challenge and making decisions

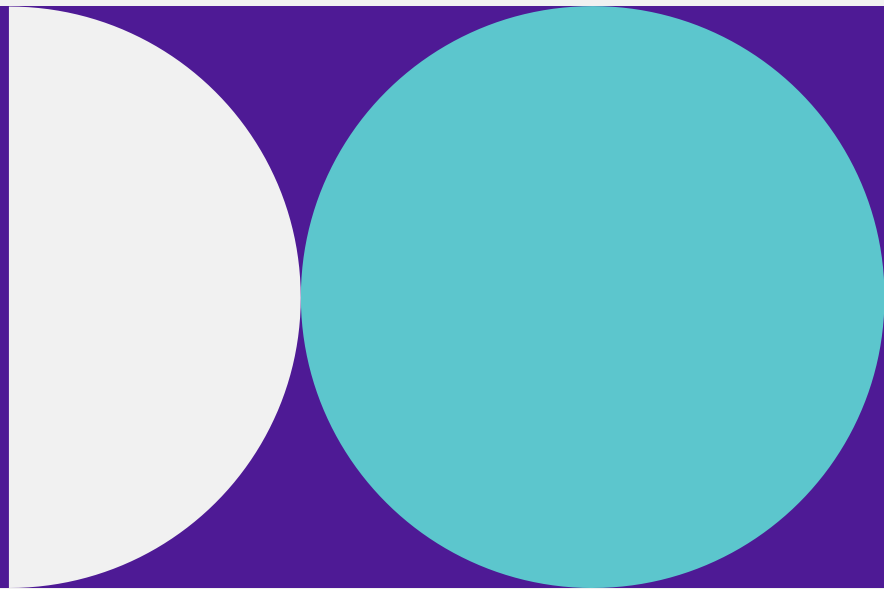
What annoys/irritates you?
What drains your energy?



What would you prefer to experience?
What is the opposite?



That is your value.



Know & Grow Your Strengths



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What Motivates & Drives You?



Gaining Clarity



Needs

Ensuring whole system wellbeing:

Mental

Emotional

Physical

Spiritual



Wants

Motivates you to strive to
achieve more.

Gives you energy and drive to
continually improve and
move forward.



Wishes

Ignites a fire in your belly for what
may be possible.

What picture would you like your
legacy to depict?

Enables you to access a creative
space where you see possibilities.

What if nothing was in the way?

What if you had no fear?

Where Do You Spend Your Time & Energy?



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Smarter Car

Revolutionising Goal Setting

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how do
you eat an
elephant?



one
bite
at a
time

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Specific

Be clear and concise.

Set personal and professional goals - minimum 3.

Short, medium and long term.

Is it meaningful and motivating?

Measurable

When. Quantity/%. How many. How often. For how long.

How much time.

How record progress/measure success.

How know when achieved and on what date?



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Achievable & Action

Who can support? Resources.

Actionable – When and how.

What steps – break them down into bite sized segments.

Realistic

Is it possible? Is it achievable based on level of skill, competency?

Are there resources to support? Too high/too low.

Does it allow for unforeseen circumstances. What needs to happen.

Enough time,

Relevant – align with values, vision, mission.

Timeline

When is most effective time of day/month?

Review/reflect-when?

Complete each step by when-date – deadline.



Your Smarter Car

Exciting

Does it spark positive energy and motivation?

Reflect on your 'why'. Visualise success.

What does it look like?

Routine

Create daily habits to support your goals.



Commitment

How committed are you on scale 1-10?

How willing are you to put in effort and make possible

Are there behavioural changes needed to achieve your goals?

How will you stay motivated?

Accountability

How will you make yourself accountable?

Share goals. Visibility.

What could get in your way? How will you overcome it?

Check in on progress.

Reward

What is the benefit of achieving your goals?

How will you reward yourself?

Celebrate small wins along the way.

Your Smarter Car





I am switching off my work phone at 6pm daily
✓
I won't check my work phone after 6pm

I am increasing sales by 10% each month
✓
I will increase sales this year

I am training for a half marathon in May
✓
I will get fit this year

I am booking a holiday in April for a getaway in June
✓
I will go on holiday this Summer



Tips For Successful Goal Setting

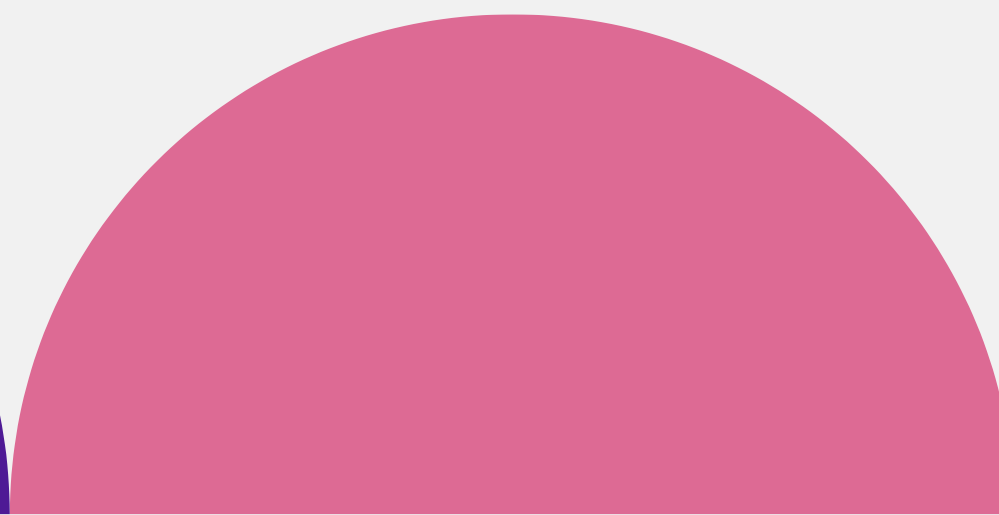
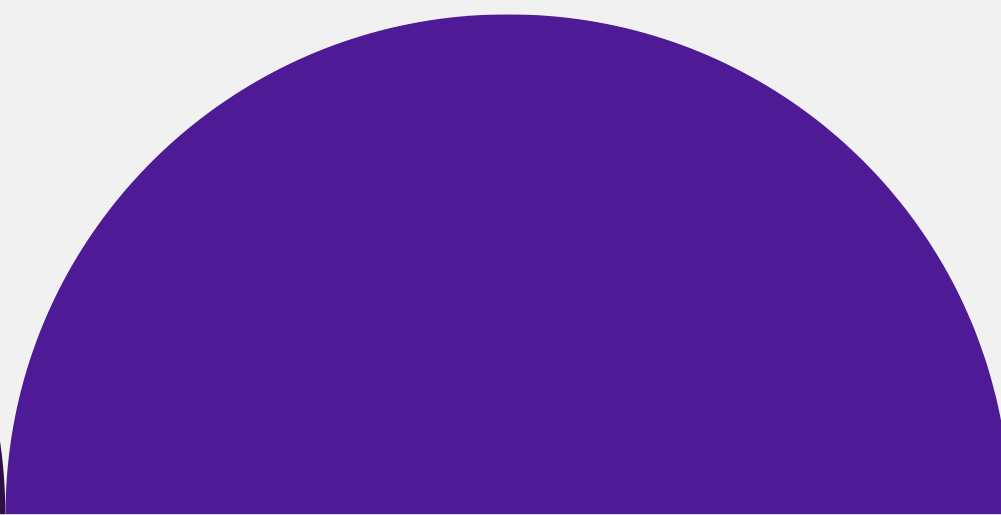
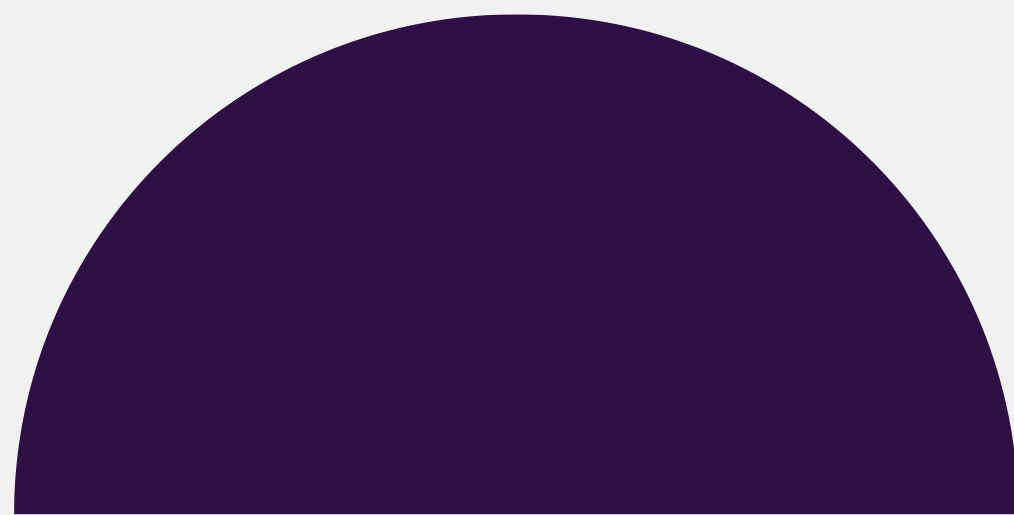
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Catalogue Your Successes

Times I achieved my goals	Times I overcame obstacles	Your Mindset/Your emotions	The reward/ positive impact



Overcome Obstacles

Clear SMART structure

Flexibility

Aligned to values/wishes

Positive growth mindset

Number of goals. 2 professional, 1 personal

Habit stacking

Minimise distractions

Focus on desired outcome

Time management

Adequate resources/support

Vision board/box



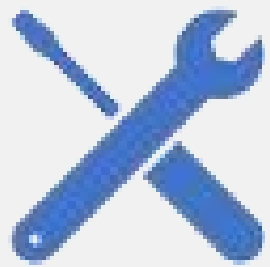
Reflect & Review



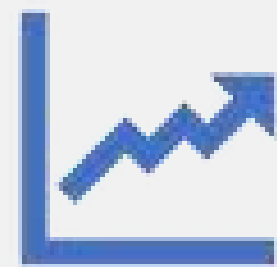
Give it a go!



Check In



Adjust



Success



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Making It Happen

Create a SMARTER Goal plan

Connect to your SMART plan – your why

Commit to daily habits to support

Cultivate a positive mindset

Celebrate small wins/steps along the way

Create your own success story



“Personal development is the belief that you are worth the effort, time and energy needed to develop yourself.”

Denis Waitley



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Thank you for joining us today!

I hope you have benefitted from and enjoyed
our webinar.

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