

Dymond HR Career Coaching



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Career Coaching

www.dymondhr.co.uk

Avoiding the panic - The SMART way

Empowering you to have confidence and clarity in your career to achieve professional success

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Avoiding the panic - The SMART way

Working towards a more confident version of yourself can feel like a daunting and scary thing, but by taking the time to figure out where you are, and where you want to get to, can help you to develop a sustainable plan. As part of this plan, setting yourself stretch goals that move you towards your ultimate goal, but importantly, preventing you from entering the panic zone to help you build your confidence.

Your overall goal where you would like to build your confidence

What would it feel like to be more confident in this area of your life?

Where do you feel you are currently in relation to this goal - you may find it helpful to mark your confidence levels out of 10 (1-no confidence, 10 - super confident)

In the next 6 months, how confidence would you like to feel in relation to this goal? (again, you may find it helpful to mark your confidence levels out of 10 (1 - no confidence, 10 - super confident)

What are SMART Goals?

Smart Goals are a way to structure your goals, breaking them down into elements to help you structure your action plan, setting yourself up for success.

Specific	The objective should be clearly a defined aim or goal.
Measureable	You need to be able to measure progress against the objective, what does success look like?
Achievable	It is very important that any objective is achievable.
Relevant	Ensure the objective being set is aligned with an individual/ company's overall goals, values, mission etc.
Time-bound	Be clear on the deadline for achieving key milestones / completing the goal.

What is my SMART goal?	What is my plan to reach my goal?	Currently, how confident do I feel in this goal?	How can I increase my confidence in this goal?

Thank you!

Thank you for downloading this template on ‘Avoiding the panic - The SMART way’ to help you in gathering insights and clarity on the various aspects of your current role and organisation you work for.

We all have different motivators, wants and needs within our work, and work should have a positive impact on all the other aspects of our lives.

Dymond Career Coaching can help you find the right job for you through providing coaching services, along with expert advice and guidance to help you navigate your way through any career decisions or challenges you may be facing.

Services include:

- 1:1 online Career coaching sessions
- 1:1 Career coaching programmes
- Group workshops on building confidence, creating your dream job and effective job search and interviews.
- Dedicated job search support to individuals to help them gain clarity and confidence to achieve professional success... with success being as individual as you.

For more information on how Dymond Career Coaching can help you visit my website www.dymondhr.co.uk, or send me an email at fern@dymondhr.co.uk



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Career Coaching | Career consulting | Job search support | outplacement support