

Certified Goal Mapping Coach

Introduction & Overview

Welcome to Goal Mapping, the number-one choice for achievement. Goal Mapping has helped over 3 million people to turn their dreams into reality since 1995.

Goal Mapping is a totally comprehensive, universal, and inclusive approach to setting and achieving targets, aims, goals and objectives.

Learning how to set and achieve goals is the master skill for life. It is the one skill that allows you to gain all other skills and abilities. Throughout history the most successful men and women have been those who developed their natural mental ability of goal setting into a powerful skill for achievement.

Whether with leading global businesses, student and adult education, sporting professionals, physical wellbeing & diet experts or with general life success; Goal Mapping has proven its effectiveness at helping people from all walks of life to achieve their aims and ambitions.

Goal Mapping is dedicated to helping you achieve your best results and live your best life.

The Certified Goal Mapping Coach

This certified Goal Mapping Coach course, has been specifically designed to enable you to coach individuals on a 1-1 basis so they can learn the life-long skill of raising aspirations, setting expectations, and attaining goals.

This course is in three main parts:

Part One: The Need to Set Goals (4 Modules)

This part consists of four core modules, covering the dynamics of our changing lives and world, the science and power of positive thinking, the importance of developing drive, attitude and confidence, increasing personal effectiveness and the power of setting positive goals.

Part Two: The 7 Principles for Lifting Life (7 modules)

The second part is designed to teach The 7 Principles of Lifting Life which represent seven universal laws for creating successful outcomes. Each Principle builds on the last, and when taken together, they form a philosophy or approach for living a truly successful life. The principles serve as the foundation or 'platform of understanding' on which the system of Goal Mapping builds.

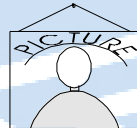
Part Three: Coaching the Goal Mapping Process (4 modules)

This part is in 4 Modules – 7 Fundamental Laws of Creation, 7 Empowering Questions to help individuals become clear about what they want and the 7 steps for creating a Goal Map and the Goal Mapping daily Ritual.

Goal Mapping is a unique *whole-brain* achievement system designed to help people command their subconscious mind to move towards their consciously chosen objectives or goals and thereby maximise 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 system enhances this natural mental ability by using a balance of



left-brain KEY WORDS and **right-brain** to powerfully communicate a person's consciously chosen goals to their subconscious autopilot at a sufficiently deep level so that their subconscious begins to pursue the goal automatically.

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 you guide a person 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, **when** they want to achieve it by, an action plan of **how** they intend to achieve it and **who** will be involved.

The Purpose of this course

The driving motivation and purpose behind this course is to empower people with the ability to set and achieve objectives.

The Goal Mapping philosophy is based on scientific findings that support the fact that **we are all natural goal setters.**

Any achievement of any nature begins as a goal. Hence learning *how* to enhance this natural ability, and set goals *correctly* is conceived as a master skill for life. This skill enables an individual to learn or attain all other skills, knowledge, and qualifications.

Aims of the Course

The aims and goals of this course are to:

- **Communicate the importance of setting regular goals**

- **Share the universal laws of success as an approach to living life**
- **Help build self-belief and genuine confidence**
- **Coach and practise the system of Goal Mapping**
- **Empower individuals to produce regular completed Goal Maps with action plans for their achievement**

Course Format

Each of the 15 modules consists of:

- A written content section
- A video tutorial
- Interactive exercises
- A How to Coach Fact Sheet (pdf)
- A Module Assignment (pdf)

In addition there are additional downloads that you will require in order to complete the course sections, including Goal Mapping Template sets that you can download and print as required.

Course Path

In order to complete this certification course, just follow these few simple steps and repeat for each module in turn, beginning with Module 1:

- 1 **Read the written content and complete the exercises** – The content is rich with information and is in easy to digest sections. Most modules have key learning points and exercises to help you learn and review the sections with ease.
- 2 **Review Video tutorial** – These are designed and delivered by the originator of Goal Mapping Brian Mayne and will further assist you to understand and comprehend each learning module.
- 3 **Review How to Coach Fact Sheet** – Each module in Parts 1 & 2 has a How to Coach Fact Sheet to support you in coaching the Goal Mapping system with your clients. By following the simple path laid out in each you will be able to bring the programme alive, making each module relevant and resourceful to your clients in order to create true transformation and success.
- 4 **Complete assignment** – Once you have completed each module you must complete the assignment for that module. The assignments are designed for you to check and deepen your understanding of the course material so that you can coach others in the Goal Mapping system.

Once you've completed each module assignment please send it to us in order to achieve full certification. Please note that you will receive your certificate on completion of all assignments.

Left-Brain Goal Map Example



Right-Brain Goal Map Example



Goal Mapping is available in many forms including books, CDs DVDs, online planner and various Success Workshops, accredited practitioner and master practitioner courses. To view the full range of products and services, find a Goal Mapping coach, or to become a Goal Mapping Practitioner, go to www.goalmapping.com.