

DTAS Annual Conference 2024



Wellbeing: A Goal Setting Masterclass

An uplifting session on the importance of setting goals



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Agenda

What will we cover today?



Breathing exercise to get us grounded



Icebreaker to get us comfortable



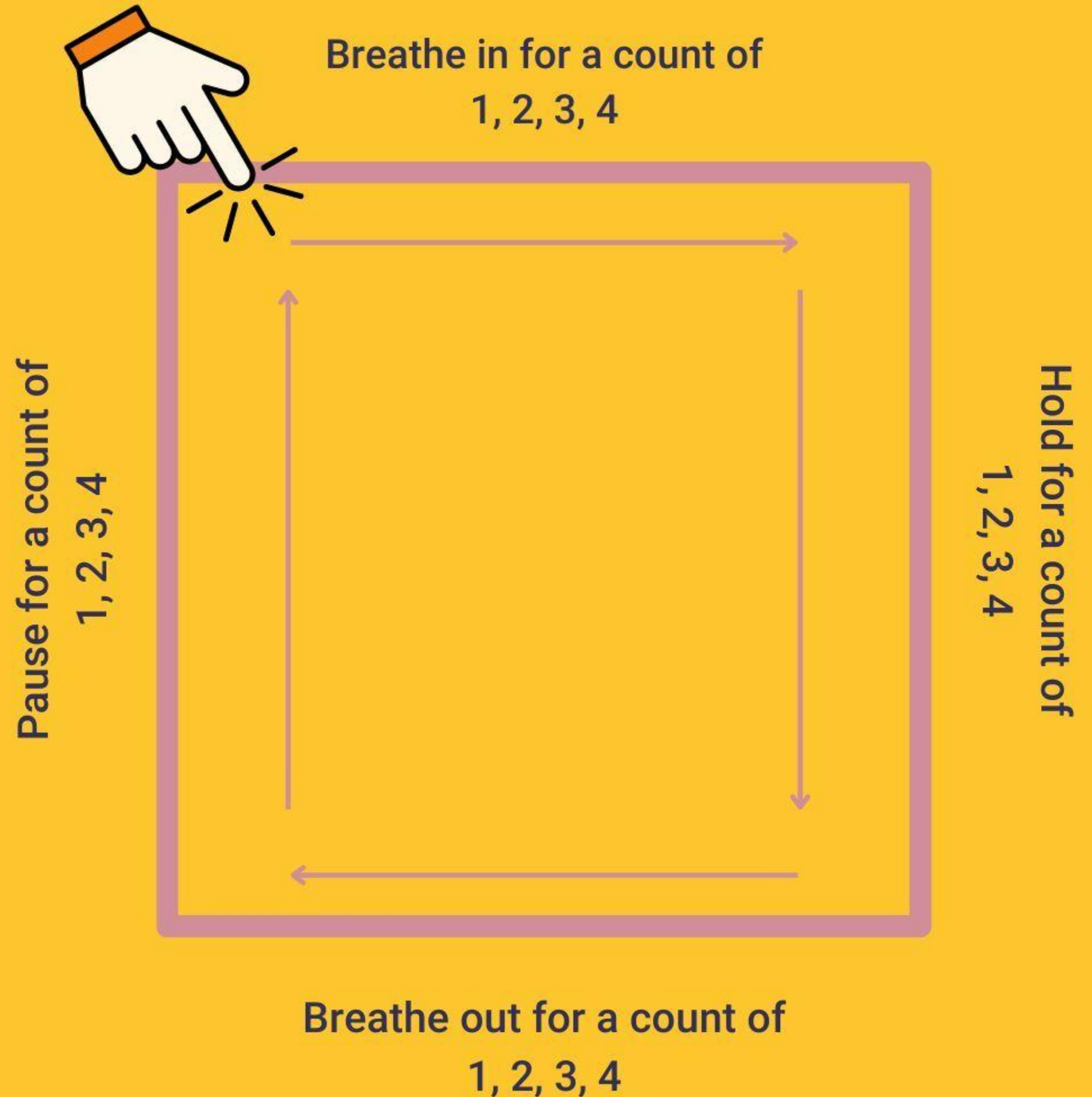
Understanding goal setting

Box Breathing

Take your finger and start at the top left corner;

Trace the sides of the square while following the instructions.

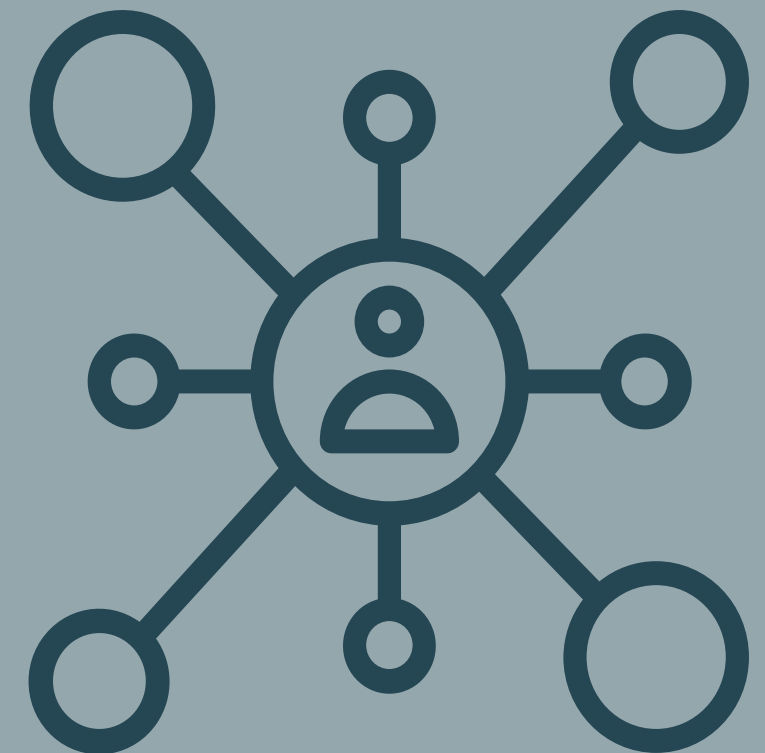
Repeat if it feels good!



Icebreaker: Wellbeing BINGO

Spend the next 10 minutes getting to know each other while playing BINGO.

The aim is to find someone to fill each space on your bingo card! See if you can clear all the spaces. If you do, shout BINGO!



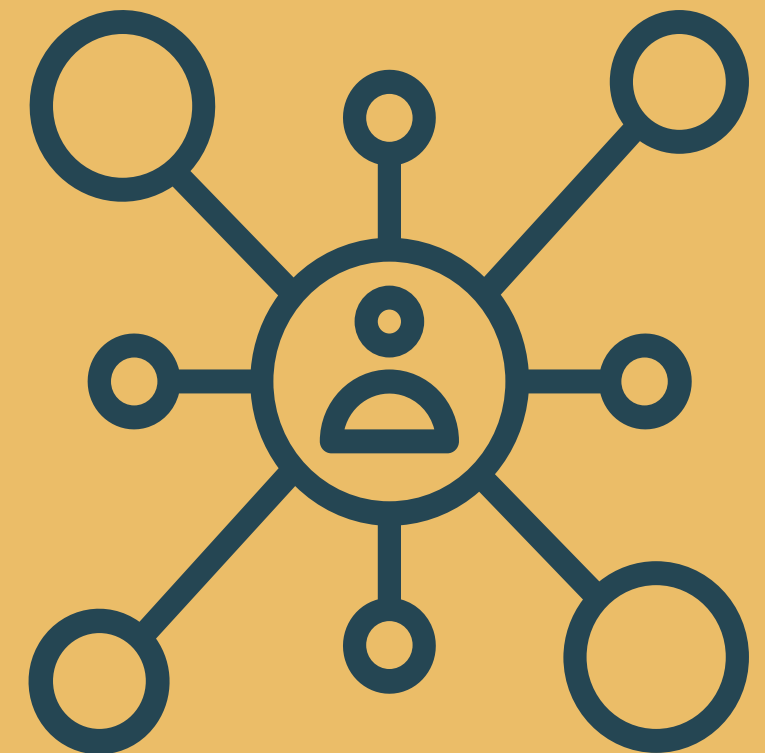
What do we mean by goals?

The official definition, according to the Cambridge Dictionary:

an aim or purpose:

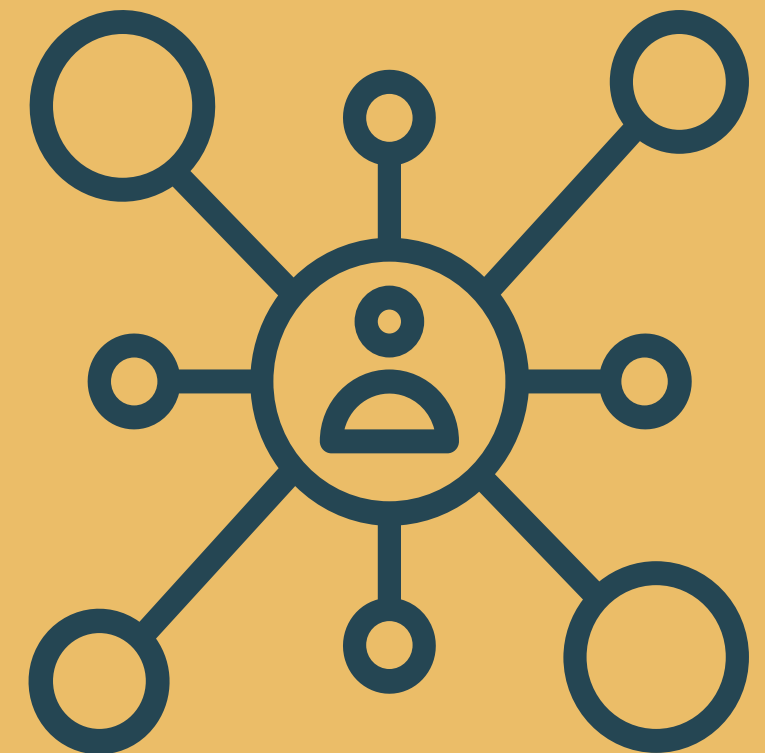
They have set themselves a series of goals to achieve by the end of the month.

Sounds pretty straightforward, but how do we set them effectively?



Importance of setting realistic goals

- Improves focus and motivation
- Tasks feel more achievable
- Able to tick off smaller steps and celebrate wins
- Feels less overwhelming



Let's set some goals

➤ Think about something big (or small) that you want to achieve in the next year. **Be specific.**

Reframe the goal into something positive.

Example, change:

"I want to stop being stressed about work on my days off"

To...

"I want to have a healthy work life balance"



Let's set some goals

➤ Break it down into more achievable goals.

Example:

"I want to have a healthy work life balance"

Break it down:

- Finishing on time
- Not checking emails/phone
- Switch off over the weekend



Let's set some goals

➤ Break it down into smaller goals.

Break it down further:

- Finishing on time

 - Once a week/on *specific day***

 - Put it in diary to finish at 5pm**

- Not checking emails/phone

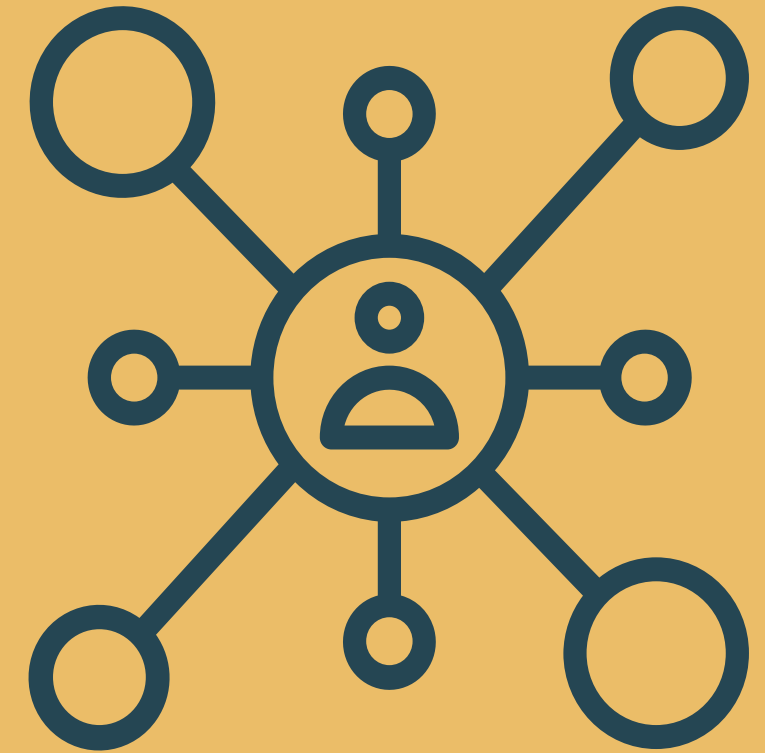
 - Remove log in information from personal phone**

- Switch off over the weekend

 - Have something to look forward to outside of work**

 - Book in an annual leave day in your diary**

 - Make a priority list on Friday that you can come back to on Monday**



Let's set some goals

Holding yourself accountable...

From these smaller and more achievable goals, which one can you put in place right now?

If you're comfortable, write your name and email address down and pop it in the box. Amy and Errin will reach out in the next few weeks.

If you can, please complete the feedback section on the back.





Thank you!

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