

## Goal Setter EXPLORER CHALLENGE

Set yourself a long-term goal (or more than one) for your future and write a personal development plan to help you take the first steps towards achieving it. Focus on how you can develop your transferable skills to help towards your future learning, career or hobbies.

Break your goal down into short-term and medium-term goals that you can work to achieve at your centre over a minimum of 6 months. You might want to consider training for and taking a BHS Stage assessment, completing a series of Explorer Awards or finding work experience to add to your CV. Create a SWOT analysis to help you identify your strengths, weaknesses and any opportunities or threats that could apply to your goals.

Self-reflect on all the skills you have learnt during the Explorers Leadership Awards; identify what transferable skills you have and consider how they will be useful in the future.

Participants identify a long term goal that they would like to achieve in the future. Break down that goal into something they can achieve now that will help them in the future (for example – long term goal to be an equine vet, start now by working towards achieving Stage Care assessments)

Participants have six months to work towards achieving their short/medium term goal. It could be something they practice daily, weekly or monthly but participants must be able to discuss how this goal has helped them progress towards their long-term goal and develop their transferable skills.

There is a section in their book (p50-63) to help them plan and track their progress and a selfOrefelction section at the end.

The participant should lead the whole experience

Discuss what they have learnt from the experience and how you can continue to support them moving forwards.

## Examples of goals:

- BHS Stage Assessments
- A series of Explorer Awards (bronze/silver)
- A series of Challenge Awards (gold/platinum)
- Take a relevant online qualification
- Take a practical course
- Event Management
- Regular shadowing or work experience



## **Platinum Leadership Awards**



<ul> <li>Explain what is meant by transferable skills and identify their own transferable skills and identify their own transferable skills</li> <li>Write a PDP</li> <li>Write SWOT analysis</li> <li>Identify their strengths, weaknesses, opportunities and threats to achieving their goal.</li> <li>Identify long term SMART goal</li> <li>Identify long term SMART goal into relevant achievable short/medium term SMART goals</li> <li>Plans steps to achievement</li> <li>Demonstrate progress towards achieving goals</li> <li>Demonstrate progress towards achieving goals</li> <li>Explain how the smaller goals achieving goals</li> <li>Explain how the smaller goals achieving achieving or making changes as required.</li> <li>Explain how the smaller goals achieving their goal self - Reflect</li> <li>Things to consider</li> </ul>	Checklist for achievement	
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Things to consider	Self -Reflect	Complete questions in book. Discussion with coach.

- What industry links do you have that could help support the participant with their goals?
- How will you support each participant?
- Participants aren't expected to achieve their long-term goal by the end of the six months
- The timeframe can be extended if required
- Participants should be able to demonstrate what they have achieved (short term goals) and how this will help them towards their future goal
- Participants can change their plans if circumstances dictate (for example injury, new opportunity available)
- How will the participant demonstrate progress within the timeframe?
- More time can be allocated if required but a minimum of 6 months must be allowed

