

## Achieve greater success with your goals/targets this year!

### Have you set yourself personal or professional development goals yet?

If so, then you can increase your chances of success by including a **VAK approach** to working on them.

You'll no doubt be familiar with this acronym when planning children's learning, but have you ever used it when planning your route to goal success? Here's how ... by way of a sample goal and some key VAK questions/prompts.

**Sample goal: To improve/develop my leadership skills by being more assertive.**

#### VISUAL



**Firstly, as with any goal you set, get some clarity on it.** So in this instance ... be clear about what assertive behaviour is and what it looks like. Once you've done this, answer these questions:

- What will **you** being more assertive look like?
- What will others notice you doing when you're being more assertive?

(Visualise what you will be doing differently, as well as anything that will need to stay the same.)

- Also, which current (leadership) skills could you see yourself using to help you achieve this goal?

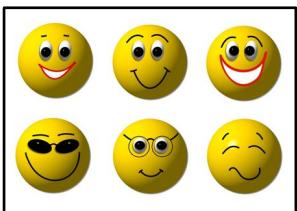
#### AUDITORY

**This sense often gets forgotten, but it's important to include it, especially with a goal like this one.**



- What will being more assertive sound like?
- Think of yourself speaking to/working with others in an assertive way. What will your voice tone, volume and pitch sound like? How might others be replying to you?
- Listen to others whom you admire for their assertiveness skills. Which aspects of their speech can you adopt for yourself?

#### KINAESTHETIC



**Our emotions are often what drive us, so considering how we'll feel during and upon goal completion is vital.**

- Which feelings will be different when you're successfully being more assertive?
- How will these feelings impact positively on other aspects of your role?
- If you were to develop a solid foundation for assertive behaviour, what would it include?

**You'll probably connect with one of the above approaches more than the others, reflecting your own preferred learning style. But try and engage with all 3 to give yourself a better chance of success!**

**Remember ... you can adapt the questions above to suit your own goals!**



Coaching &  
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