

# Goal Setting - Coaching

Goal setting is a great way to set into action what you want to achieve in the future. Some goals will be immediate wins and others will be more forward thinking. Sometimes goals will change and develop into something else entirely! Have a think about what you want your goal to help you to do.

## Will your goal:

- help improve your **knowledge** of routes into the cultural and creative industries? For example:
  - Do you want to speak with specific arts professionals to help build your creative network?
  - Are you writing a funding or project application and need help with the process?
- help increase your **experience** and **understanding** of the cultural and creative industries? For example:
  - Do you want targeted help on finding internships or work placements to gain experience?
  - Do you want to visit specific venues / cultural spaces and speak with members of the staff team?
- help improve your **confidence** and understanding of how to articulate your talents and attributes? For example:
  - Do you need guidance on how to pitch an idea or discuss your work in an interview / audition?
  - Do you have lots of experience but need help building your CV or portfolio?

The form below will help you and your coach structure your goal planning across your 10 weeks together.

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| What is my goal?                           |  |
| How will I achieve my goal?                |  |
| How will I know if I've achieved my goals? |  |
| When will I have achieved each goal by?    |  |