

The C-GOALS Initiative

Confidence arises when you feel free to make mistakes and achieve extraordinary goals.

There are a number of coaching acronyms that create a framework for the achievement of goals such as GROW, (Goals, Reality, Options, Will), SMART (Specific, Measurable, Assessable, Realistic, Time). Whatever the acronym, effective goals are **specific**, **succinct** and **spoken**. This creates **focus**, **clarity** and **action**.

Coaching is the key to modern leadership. C-GOALS reflects the maturing of coaching and is different in 3 key ways to current frameworks. We use the colours of traffic lights to reflect **ready**, **steady**, **go**.

1. **[stop] Create context**. What is happening? Why this goal?
2. **[look] Strengthen network**. What will we give and what will we receive?
3. **[listen] Understand language**. Transform language and you transform reality.

Context

What is the context in which we are setting this goal? Goals do not arise in a vacuum. First understand the context in which they arise. Shared context gives focus. It is both a lens and a lever. Subtle changes in context have a disproportionate effect in performance.

Give

No goal can be achieved alone. To achieve your goal you must first be willing to give something to someone else. What specifically are you going to give, to whom and how? Successful networking is based on giving.

Opportunities

Now that you know your context and how you will help others, look at the options, choices and opportunities. Go as wide as possible. Focus on what you are like at your best. Ignore the problem as the best you can hope to achieve is a solution. How can you expand on what you are really great at?

Accountable

When someone holds you accountable your chances of success rise dramatically. So who will play this role? Get a coach! How often will you check in with them? What measures will you use? How will you know you have succeeded? What is the target date, day of the week and time? Be specific.

Language

Your ability to achieve your goal depends on the language that you use. Replace negative language (lose 2kgs) with positive language (have a body that supports me). Use simple, succinct language. Memorise and repeat your goals. Future based language transforms the way that you see the world.

Soul

Goals thrive on emotion, energy, fun, challenge and excitement. Add some razzle dazzle.