

# Setting Goals Great and Small

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This is me in 1999 - mother of five children - 10  
years down to 18 months -  
a great EXAMPLE to my patients?????!!!!!!!



# Primary Principles

- Prioritising HEALTH
- Making TIME
- Accessing RESOURCES
- JUST DOING IT!!!!!!



# Scoping the project

- What?
- Why?
- How?
  
- When?



# Goal setting

- What does success look like?
- Bite sized chunks v unpalatable whole?
- Rewards and incentives?



# Monitoring and Evaluation

- Contract with 'mentor/coach'
- Timing of review visits
- Refinement of goals - after careful evaluation



# Achievement

- ◉ Where to from here?
- ◉ Potential mentoring or support of new candidates



# New horizons.....

- ◎ Group facilitation
- ◎ Personal Testimony
- ◎ One-on-one support roles
- ◎ .....

