



BETHAN CHRISTOPHER

GOAL MAPPING  
KEY STAGE 2



Empowering young people  
with high aspiration and  
cutting edge tools for  
academic success

To this day over 600 UK schools have adopted and implemented Goal Mapping, with measurably improved results.



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**Children that start ahead, stay ahead.**

**Teaching young people effective goal setting techniques is a key component students motivation, self-regulation and achievement in academic settings.**

By setting compelling goals, learners can take immediate ownership for their future lives. They become positively focused on the activities that promote success, while effort and persistence become directed toward goal attainment.

**Goal Mapping** is an effective, engaging whole brain technique for setting and achieving goals. Pupils are empowered with a cutting edge method that help them to:

- organise thinking
- reduce limiting beliefs and glass ceilings
- identify dreams for the future
- set realistic goals and identify pathways to success

The visual Goal Maps, captured in words and image, appeal greatly to Key Stage 2 students.



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# WHY?

Goal setting and achievement creates confidence, raises self esteem and leads to a real sense of satisfaction. It creates challenges to overcome... and opportunities to learn and grow by tackling them.

Children who set goals are more likely to focus on what they want and less on what they don't.

Boosts individual motivation.

Whether they achieve the goal or not, pupils learn to take 100% responsibility for what they do.

Encourages a 'can-do' attitude leading to positive action.

Pupils learn how to plan, prioritize and produce to get the results they want.

Enables participants to gain greater clarity, direction and focus.

Provides effective tools to create positive solutions.

Pupils learn the importance of persistence... and develop their ability to persist.

Develops skills for lifelong success.

Installs a positive attitude and reduces stress levels.

Unleashes potential.



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# HOW?

**In the US the graduating class of a prominent university was asked whether or not they had written goals for the future.**

**Only 3% had actually written down what they wanted to do with their lives. Another 7% had an idea but had not written them out and the remaining 90% had no goals at all.**

**When the same class was followed up 20-30 years later, the 3% who had written goals when they graduated were worth more financially than the other 97% put together.**

Goal Mapping differs from traditional written goal setting through the utilization of accelerated learning techniques.

By activating the whole-brain through a combination of words and pictures, both the left and right brain are stimulated leading to higher levels of organisation and creativity.

The Key Stage 2 Goal Mapping workshop is suitable for all ages and abilities. It arms learners with a practical and enjoyable method of identifying ambitions, harnessing motivation and organising a structured action plan for success.



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# PACKAGES

- **GOAL MAPPING – THE SEVEN MAGIC KEYS FOR SUCCESS**

1 x 180 minute workshop for Year 5 and 6, designed for all learning styles and abilities. Participants are given tools to identify their goals and are empowered with the Goal Mapping system to creatively break these goals into manageable, measurable, achievable steps using the visual right brain hemispheres and organisational left brain structuring.

- **GOAL MAPPING – MASTER TRIO**

### **1x 180 minute Goal Mapping – The Seven Magic Keys for Success.**

Interactive, dynamic and engaging, this whole-brain workshop is suitable for Year 5 and Year 6 pupils of all ability. Course content and the language/approach used is adapted to suit every learning style and based on sound principles of accelerated learning. Superb for raising aspirations and introduces the life-skill of goal-setting in a fun, interactive way.

### **1 x 180 minute Goal Mapping – Master of Learning Workshop**

Using the Goal Mapping success principles, pupils harness inspiration-led motivation and practical and logical left brain skills to map the way forward in their learning. The Goal Maps they create make excellent review material, offer ongoing support and are a great way to continue charting the progress to personal success.

### **1 x 180 minute Goal Mapping – Master of Action Workshop**

Not only can it be used to enhance motivation and goal setting aptitude, but Goal Mapping has also shown measurably improved SATS results and is a superb transitional aid for student moving into Year 7. This workshop is based on sound principles of accelerated learning to help pupils utilize state-management and positive pre-play to access their learning and achieve their best results.



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- **GOAL MAPPING – FULL SCHOOL ENGAGEMENT**

**STUDENT PROGRAMME:** Stand-alone Goal Mapping or Master Trio (see page 5)

**TEACHER SUCCESS WORKSHOP:**

1 x full day Goal Mapping workshop demonstrating the foundation principles of the Goal Mapping technique. During the workshop, teaching staff will learn about the natural goal-setting function of the mind, how the subconscious and conscious work together and understand the brain and its two hemispheres. They will be introduced to the science behind positive thinking and goal-focused narrative in a supportive, nurturing and challenging learning environment and ideas about how this can be translated in the classroom.

**PARENT WORKSHOP:**

1 x full day Goal Mapping workshop for parents demonstrating the foundation principles of the Goal Mapping technique. During the workshop, parents will learn about the natural goal-setting function of the mind, how the subconscious and conscious work together and understand the brain and its two hemispheres. They will be introduced to the science behind positive thinking and goal-focused narrative in a supportive, nurturing and challenging learning environment and empowered with ideas and strategies about using positive reinforcement and narrative within the home.



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WHO?

**Bethan Christopher** is a speaker, author and coach. Through her workshops and writing, she translates methods used by some of the greatest thinkers and achievers of our time in to step by steps tools that can be applied to every individual - both professionally and personally.

Bethan has worked extensively with primary age children as well as Key Stage 3/4 students. She has delivered Goal Mapping success workshops to children across a variety of IOW schools, young adults and professionals, as well an extended programme to London based homeless youth aged 16-21.

With her fresh style of delivery and quirky creative expression, Bethan's signature is her ability to translate powerful success methodology with impact, ease, clarity and humour.



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# WHEN?

Want to know more about Goal Mapping?

For more info or to book a meeting simply email

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