

BETHAN CHRISTOPHER

GOAL MAPPING  
KEY STAGE 3/4



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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**“Students that start ahead, stay ahead”**

By learning to set effective goals, students receive the boost they need to step up to the demands of the next level of education. By gaining clarity on their ambitions and organising a clear action plan to get there, participants of the Goal Mapping programme will be armed with the tools used by some of the countries most successful business leaders and organisations.

When they set compelling goals, learners will take immediate ownership for their future lives. They become positively focused on the activities that promote success, while effort and persistence become directed towards 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:

- inject learning with purpose and inspiration
- set realistic goals and identify pathways to success
  - organise their thinking
- reduce limiting beliefs and glass ceilings



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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.

Students 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. The remaining 90% had no goals at all.

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



Goal Mapping differs from traditional written goal setting techniques through the utilization of accelerated learning techniques and whole-brain approach.

By activating both the creative right brain and strategic left brain through a combination of words and pictures, both hemispheres of the brain are stimulated leading to higher levels of organization and aspiration.

The Key Stage 3/4 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

**The Goal Mapping Success Programme is a full day workshop** that can be presented to up to 100 students at any one time. The principles that underlie the system can be tailored and applied to a variety of different purposes. Areas in which Goal Mapping can be particularly effective are:

- **Aiding transition years.**
- **When making important GCSE choices in Year 9, in Key Stages 4, 5 and beyond.**
- **Teaching practical and enjoyable method of organising thoughts, identifying ambitions and setting goals that are realistic yet challenging.**
- **Helping students who have little idea about what they want to achieve in life.**
- **Motivating students who lack the drive to succeed.**
- **Inspiring students who lack the stamina to pursue self-set goals.**

## **Students will:**

- **Begin to question their limiting belief systems.**
- **Understand the importance of positive mind-set.**
- **Challenge their habitual thinking patterns and replace them with more positive behaviours.**
- **Practice self-motivation skills, allowing them to become focused on achieving self-set goals.**
- **Experience raised confidence in their ability to succeed.**
- **Create their own visual Goal Maps, which not only make excellent review material, but also afford the opportunity for teachers to build a meaningful relationship with their students as they jointly chart the progress to personal success.**



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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. She is the author of *Grow Your Own Gorgeousness* and creator of the *Gorgeousness Programmes*.

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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