

MODULE 2. COACHING TOOLS

READY TO START

WORKSHEET 5.



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Here is a **list of 50 potential development goals** that can help you with various aspects of your personal and professional development. Circle the ones you want to develop. Focus on a few of the most important ones. **Think about what you need and how to implement them.**

1. Improving communication skills
2. Learning a new foreign language
3. Development of time management skills
4. Increasing work efficiency
5. Improving professional qualifications
6. Improved physical health
7. Stress reduction
8. Increasing financial knowledge
9. Learning programming
10. Development of leadership skills
11. Improving negotiation skills
12. Development of creativity
13. Improving mental health
14. Learning photography
15. Development of a network of professional contacts
16. Improving your writing skills
17. Increasing knowledge about healthy eating
18. Traveling to a new country
19. Learning to play a musical instrument
20. Increasing analytical skills

MODULE 2. COACHING TOOLS
WORKSHEET 5.



22. Development of public speaking skills
23. Increasing ecological awareness
24. Learning to cook healthy meals
25. Improving selling skills
26. Increasing empathy
27. Learning project management
28. Improving organisational skills
29. Increasing digital marketing knowledge
30. Improving physical health
31. Learning meditation and relaxation techniques
32. Development of teamwork skills
33. Increased self-confidence
34. Learning to create websites
35. Improving interpersonal skills
36. Increasing your personal finance skills
37. Learning the basics of psychology
38. Increasing cultural awareness
39. Development of mentoring skills
40. Learning crisis management
41. Improving negotiation skills
42. Increase your creative writing skills
43. Improving presentation skills
44. Learning data analysis
45. Increasing change management skills
46. Improving relationship building skills
47. Learning graphic design
48. Increasing knowledge about investing

MODULE 2. COACHING TOOLS
WORKSHEET 5.



49. Improving listening skills

50. Development of problem-solving skills

My goals and how to achieve them:

A large rectangular area defined by a dashed teal border, intended for writing goals and methods to achieve them.