

HOW TO ACHIEVE YOUR GOALS



WHAT ARE THE MAJOR STEPS TOWARDS CAREER SUCCESS?

- Set you a realistic goal
- Develop a plan to achieve your goal
- Determine the needed support and material
- Develop the required skills
- Assess your progress periodically



HOW DO I SUCCESSFULLY ACHIEVE MY CAREER GOALS?

- Make a career roadmap
- Have a clear vision
- Concentrate on the task at hand
- Be adaptive
- Be responsible



HOW DO I SET AN EFFECTIVE GOAL?

Always set a SMARTER goal.

- S - Specific
- M - Measurable
- A - Attainable
- R - Relevant
- T - Time-bound
- E - Enjoyable
- R - Revisable



WHAT SKILLS WILL HELP ME ACHIEVE MY GOAL?

- Communications skills (verbal and written)
- Self-preserving skills (stress management, time management, enhancing self-esteem, and dealing with losses)
- Technical skills (clinical, leadership, and research skills)

