



London TDM

# Soft Skills and Personal Development Training Courses

**Course Venue:** Malaysia - Kuala Lumpur

**Course Date:** From 01 February 2026 To 05 February 2026

**Course Place:** Royale Chulan Hotel

**Course Fees:** 6,000 USD

## Introduction

This 5-day professional course on "Goal Setting and Self-Motivation" is designed to empower individuals with actionable strategies to define, pursue, and achieve personal and professional goals. Participants will learn to harness their intrinsic motivation and leverage practical tools to enhance their productivity and achieve desired outcomes.

- Understand the fundamentals of effective goal setting.
- Identify personal and professional motivators.
- Develop strategies for overcoming obstacles and setbacks.
- Create a personalized action plan for sustaining motivation.
- Evaluate and adjust goals for continuous growth.

## Course Outlines

### Day 1: Foundations of Goal Setting

- Definition and purpose of goals.
- Types of goals: short-term vs. long-term.
- The SMART criteria for effective goals.
- Understanding the power of visualization.
- Initial self-assessment and goal crafting exercise.

### Day 2: Understanding Self-Motivation

- Intrinsic vs. extrinsic motivation.
- Identifying personal drivers and passions.
- The role of mindset in motivation.
- Daily habits that cultivate motivation.
- Building a supportive environment.

### Day 3: Overcoming Obstacles and Setbacks

- Common barriers to achieving goals.
- Strategies for resilience and persistence.
- Dealing with procrastination and distractions.
- Learning from failures and mistakes.
- Turning setbacks into opportunities for growth.

### Day 4: Creating a Motivational Action Plan

- Setting priorities and managing time efficiently.
- Building accountability structures.
- Integrating feedback and maintaining flexibility.
- Celebrating small victories and maintaining momentum.
- Personalized action plan development.

### Day 5: Evaluating and Adjusting Goals

- Reviewing and reflecting on progress.
- Identifying signs for goal adjustment.
- Tools for tracking and measuring success.
- Balancing ambition with realism.
- Commitment to lifelong learning and goal adaptation.