

## Reflective Goal Setting

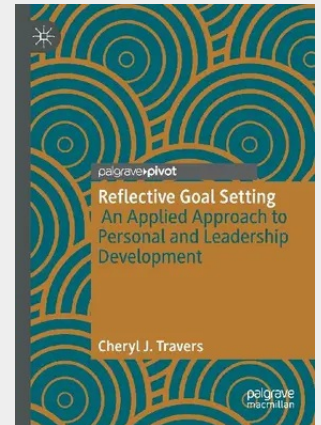
An Applied Approach to Personal and Leadership Development

This book presents, for the first time, a comprehensive overview of the Reflective Goal Setting model, its theoretical framework and origins, and its practical applications for personal development, improved coping and reduced stress, academic growth and performance and leadership.

Divided into three parts, the author begins by examining the particular importance of personal development, and in particular soft and interpersonal skills development. It addresses the limitations of current personal development and leadership education and training for the transfer of learning, before outlining how Reflective Goal Setting fulfils this need. It presents a critical review of Goal Setting Theory and approaches to reflective practice that demonstrates how the Reflective Goal Setting model was developed from, and builds upon, these earlier approaches. Drawing on original research and illustrative case studies, the author details the cyclical five step process of the Reflective Goal Setting model across 5 chapters - forming Part 2 of the book. Part 3 examines the practical applications and impact of using Reflective Goal Setting, employing illustrative case studies from a variety of settings including higher education, professional development and executive education.

This innovative work will provide a valuable resource for researchers and practitioners in Organisational and Industrial Psychology, Education, and Business and Management and indeed anyone who wants to work on their own personal development.

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