

NEWSLETTER - April 2019



CIPH WOMEN'S NETWORK

Setting Goals & Objectives

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Setting Goals & Objectives

Setting goals gives you long-term vision and short-term motivation. Setting objectives and sticking to them is crucial for your success. In this newsletter you will find helpful articles, videos, and tools to help set your personal and professional goals and objectives.

Goal versus Objective comparison chart		
	Goal	Objective
Meaning	The purpose toward which an endeavor is directed.	Something that one's efforts or actions are intended to attain or accomplish; purpose; target.
Example	I want to achieve success in the field of genetic research and do what no one has ever done.	I want to complete this thesis on genetic research by the end of this month.
Action	Generic action, or better still, an outcome towards which we strive.	Specific action - the objective supports attainment of the associated goal.
Measure	Goals may not be strictly measurable or tangible.	Must be measurable and tangible.
Time frame	Longer term	Mid to short term

Tips & Tools

GOAL SETTING



15 Killer Tips on How to Set Professional Goals

It's hard to describe the frustration you feel when your professional goals keep falling flat. You're floundering and you're not where you want to be professionally, which bleeds into your personal life and causes you to get upset and sad easily. [Read more ...](#)



Guide to choosing the right goals—and accomplishing them

1. Think big picture
2. Make goals SMART or HARD
3. Cultivate everyone's goals
4. Don't underestimate yourself
5. Identify barriers to achievement
6. Reaffirm and reinforce goals

[Read more ...](#)



5 Powerful Reasons Why Goal Setting Is Important

Goals are what take us forward in life; they are the oxygen to our dreams. They are the first steps to every journey we take and are also our last. It's very important that you realize the significance and importance of goal-setting and apply this knowledge in your life. [Read more ...](#)



13 Consequences Of Not Setting Goals

Setting goals is one of the most common advice life coaches give you when it comes to be successful and achieve your dreams. It's one of the most important steps one must take to reach what he wants. [Read more ...](#)

Download SMART Goals Worksheet

Videos & Apps



Goals and Objectives - Identifying the Difference



Identifying the difference with



**7 Goal-Setting Categories –
Dave Ramsey**



This app allows you to post your goals on your desktop/phone screen so they are constantly visible. You can also add team members to keep each other accountable and on track.

Book Suggestions

- SMART Goals: The Ultimate Goal Setting Guide by Jacob Gudger
- S.M.A.R.T Goals Made Simple: 10 Steps to Master your Personal & Career Goals by J.S. Scott
- She Spoke: 14 Women Who Raised Their Voices and Changed the World by Kathy MacMillan and Manuela Bernardi
- So Here I Am: Speeches by Great Women to Empower and Inspire by Anna Russell
- Presence: Bringing Your Boldest Self to Your Biggest Challenges by Amy Cuddy

Tell us what you're reading!

Send your Book suggestions to womensnetwork@ciph.com

Inspirational Quotes

“Begin with the end in mind” – Stephen Covey

“A goal properly set is halfway reached” – Zig Ziglar

“Setting goals is the first step in turning the invisible into the visible” – Tony Robbins

“If you aim for nothing, you’ll hit it every time” – Source Unknown

Helpful Resources

[UHR, Employee Development Goal
Ted Talks](#)



**WEBINAR REVIEW -
Communicate with
Confidence!
Wednesday, March 20, 2019**

We had an outstanding webinar by Claire Carver-Dias' with more than 80 members at 36 locations listening to the presentation – it was great that so many members chose to listen as a group. The average rating of the session was 4.6 out of 5.

Some of the topics covered during the presentation were how to prepare for a presentation, how to combat nerves, thoughtful preparation, who is the hero, slides, how to improve your body language, how to engage your audience and the list goes on.



Claire suggested in her presentation a video that can help us to Communicate with Confidence. Your body language may shape who you are by Amy Cuddy, Ted Talks.

Claire provide some questions after the webinar for members to discuss among their groups. [View questions and responses](#)

"Our Stories" of Network Members

Events

CIPH Saskatchewan Mosaic Stadium Tour

Hosted jointly by Young Executive Society & Women's Network

Wednesday, May 15, 2019
1700 Elphinstone St., Regina, SK

Mechanical Facility Tour 3:00-4:00 pm | Roughrider Tour 4:00-5:00 pm | Networking & Social in AGT Lounge 5:00-7:00 pm

\$65 per person | Four or more \$60 per person

ALL MEMBERS WELCOME!!

[Learn More](#)

Take Control with Microsoft Outlook - Webinar with Gilles Essiambre

Tuesday, May 28, 2019
1:30 pm - 2:30 pm EST

\$99 per location

Participate on your own or organize a group!

- Learn tips and tricks to master you inbox
- Convert emails into tasks, appointments and contacts
- Use categories to quickly track down emails
- Create rules and quick steps to handle emails for you
- Keep filing simple and effective
- Learn how to find emails quickly by using Outlook's powerful search tools

[Register Now](#)

View Upcoming CIPH Events



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