

SMART GOAL ACE: JASMINE GOES FOR GOLD WITH 4 GOALS

LEARNER STORY

Jasmine is a hardworking kaiarahi (leader) in the transitional housing area for Te Rūnanga o Tūrangānui a Kiwa in Tairāwhiti / Gisborne. Right from the start of the Aspire2 Workplace Communication programme, she was determined to get as much benefit as she could from the sessions. When SMART goals (Specific, Measurable, Attainable, Relevant, Timebound goals) were introduced early in the course, Jasmine thought hard and soon came up with not one, two or three, but FOUR meaningful goals to work towards.

SMART GOAL # 1

Friendly and easy-going, Jasmine did the 'How Assertive are You?' questionnaire and was reminded that this was a key skill she needed to develop.

GOAL: "To be more assertive in my day to work with my teammate, to share the daily workload better and build my confidence."

A month later, it was a case of goal achieved.

"Each week I gained more confidence to be assertive in our morning briefing. I was confident enough to share and book in times for my workload. If something else popped up during the day, I wasn't afraid to explain to my workmate the extra task I needed to complete. My colleague has noticed the difference and is glad we're working better as a team."

SMART GOAL # 2

As a proud mother of two, Jasmine wanted to create a positive atmosphere in the home where her children listened to their mum and respected her need for some rest after a hard day's work.

GOAL: "To learn to respond empathetically at home. The benefits of achieving this goal will be positive interaction with my whānau."

Midway, through the programme Jasmine was happy to share this update with her Aspire2 tutor:

"As a collective/whānau we have identified when someone is needing time to regulate. By recognising this and talking about it with each other, we now allow the receiver to process the information and respond in their own time. Our home/whānau are a lot happier during the week after school/work."

SMART GOAL # 3

Like many Aspire2 Workplace Communication Course learners, Jasmine made one of her SMART goals a financial one.

GOAL: To set up a whānau savings account and start saving, so that my family can enjoy whānau holidays and gain financial stability for the future.

Jasmine and her partner carefully went through their bank statements and made changes to unnecessary spending, including cutting down on streaming services and takeaways. She can report that the family savings plan is well on track!

SMART GOAL # 4

Jasmine found the wellbeing unit of the Aspire2 course useful as she aimed to kickstart her new nutrition and exercise plan.

GOAL: "To exercise more and have a healthy diet."

Showing great discipline to stick with her diet and exercise plan, and aided by her supportive partner, Jasmine finished the programme a lot lighter than when she started. She enjoys having more stamina to power through her work day and still have plenty of energy when she gets home. She's even dusted off her netball shoes and taken to the court again for the first time in ages!

