

Ladies and gentlemen, welcome to our online orientation session! We're thrilled to have you join us as we embark on this exciting journey together. Today, our focus is on goal-setting--an essential skill that will empower you to achieve success.

First, let's talk about what a goal really is. Simply put, a goal is a target or outcome that you commit yourself to achieve. It gives you direction and helps you measure your progress.

Now, as you begin this program, think about what you want to accomplish. Is it to acquire new skills? To build a network with peers? Or perhaps to advance in your career? Whatever it is, make sure your goals are specific, measurable, achievable, relevant, and time-bound. These are the characteristics of a SMART goal, which will serve as a solid foundation. Let's set things in motion by taking a few minutes to jot down one or two goals you hope to achieve by the end of this program. And remember, goals are not set in stone--they can adapt as you grow and learn.

Lastly, remember that we're here to support you every step of the way. Don't hesitate to reach out if you need guidance or resources. Together, we can make your goals a reality.

Thank you, and best of luck in your journey!