

Silver Leadership Awards



Goal Setter EXPLORER CHALLENGE

Use your SMART goal setting skills to develop a skill over the next four months. Think about how you will achieve your goal using what you have learnt. Discuss the skill you want to achieve with your coach and then using the template below, break it down and write a SMART goal including a plan for how you will track your progress. At the end of the four months discuss your achievements with the rest of your group

Examples of skills include:

- Improve their riding skills (use videos/pictures to show before and after)
- Achieve an Explorer Award (Intro/Bronze/Silver)
- Ride a dressage test and then work to improve their score
- Improve their fitness and flexibility (use videos/pictures to show before and after)
- Lungeing
- Ride Safe Award
- Ride and lead
- General yard work skills
- Office skills (greeting clients, booking lessons)
- Ground schooling
- In Hand work
- Plaiting and competition turn out

Checklist for achievement

• Suggest and set suitable SMART goal	<i>Discussion with coach and SMART goal recorded in book</i>
• Breakdown goal into six smaller steps to be achieved	<i>Goal broken down into up to 6 easily achievable steps and plan of how to reach each step. Steps recorded in book and updated as required.</i>
• • Keep a record of progress	<i>Evidence includes written, pictures in book, video clips, discussion or demonstration of progress and achievement of each step</i>
• Skill developed/Goal achieved	<i>Demonstration of skills, video evidence, written evidence Discussion of skills developed.</i>
• Reflect on experience	<i>Questions answered in book, discussion with coach.</i>

Things to consider

- Goals chosen should be suitable for the participant in terms of skill and achievement
- Appropriate risk assessment in place
- Participants can choose to continue to develop the skill they started at Bronze Level or learn a new skill.
- Participant must be able to demonstrate progress in chosen skill in the timeframe
- Skill development should take place at the centre (in lessons for example)
- Arrange regular catch-up sessions with the participants where they can discuss their progress and highlight any concerns or issues.
- Remember goals can be adapted or changed to ensure the participants achieve.
- The participants should use their booklet to keep track of their progress and tick off the steps as they are achieved.
- The time frame can be extended if required but participants should have a minimum of 4 months