

Goal, Plan, Do, Review/Revise: An Open Source Virtual Training Resource

**Presentation for: Leveraging
America's Social and Economic
Resilience (LASER) TANF Learning
Community**

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A Structured Approach to Goal Achievement

Goal: Set a goal – something meaningful and doable (tapping into participant’s motivation)

Plan: Develop a plan for how to get from here to there

Do: Do the plan – put it into action

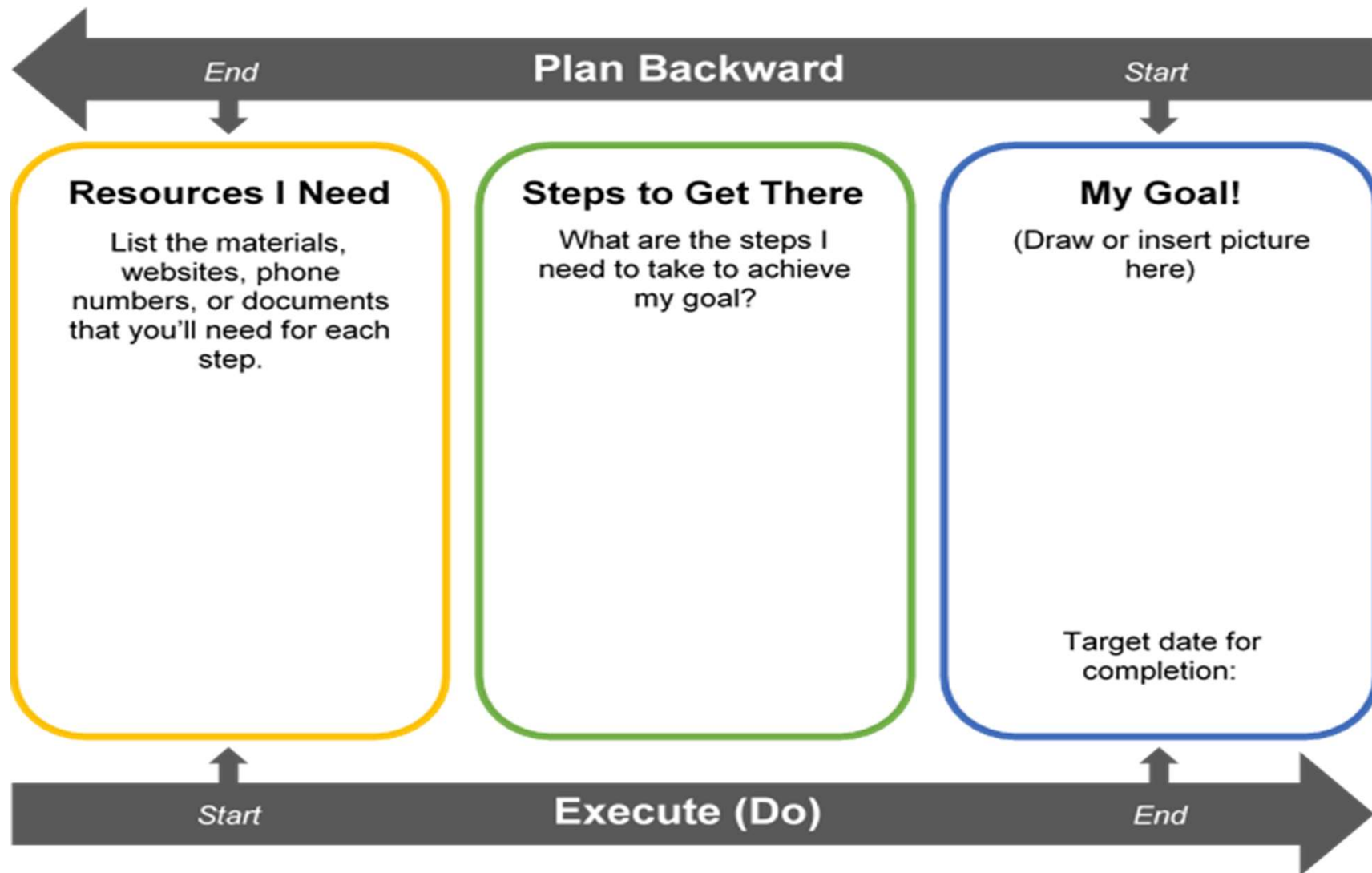
Revise/Revise: Review and assess progress; take the next action steps, make a new plan, or set a new goal



Genesis of the Model: Linking Executive Function Skills to Program Processes and Tasks

GPDR/R COMPONENT	EXECUTIVE SKILLS MOST RELIED UPON
GOAL	Metacognition, working memory
PLAN	Planning/prioritization, organization, time management, working memory
DO	Task initiation, response inhibition, time management, sustained attention, working memory, flexibility, organization, persistence, stress tolerance, emotional control, cognitive flexibility
REVIEW / REVISE	Metacognition, working memory, flexibility

Small Steps: Backward Mapping

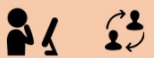






Key Features of the Virtual Open-Source Course





- Designed using adult learning principles
- Designed to be integrated into workers' day-to-day work
- Flexible – use what you want when you want
- Adapt to fit your individual circumstances
- Use with other models
- Includes supplementary materials, including materials that can be used in group job search programs
- No cost



GPDR/R: Online Free Staff Training Course

1 Course Foundation	2 What it Takes to Achieve a Goal	3 How Insights into Strengths & Struggles Can Help Us	4 Guiding Participants to Effectively Set and Achieve their Goals	5 Making this Work in Your Setting
<p>Module 1 describes the intent of this course, and highlights the many skills you will build through practice and experimentation. It also provides ideas for how you can tailor the course to fit your own schedule and setting.</p>	<p>Module 2 introduces a research-based framework to goal achievement called “GPDR/R”: goal, plan, do, review/ revise. During this module, you will experience the process for yourself, and reflect on your experience with a colleague.</p>	<p>Module 3 will explore valuable research about foundational skills that help us all to set and achieve our goals. You will reflect on your own skill strengths and struggles, and see how knowing your skill profile can help you as you pursue goals of any kind.</p>	<p>Module 4 will span over several weeks and will be done mostly in the context of your day-to-day work with clients. You will get valuable feedback as you support clients through each step of GPDR/R, experimenting with a number of optional tools and tips.</p>	<p>Module 5, the closing module, is best done in collaboration with colleagues, and supervisors, as you think through the best ways to integrate this new approach into all aspects of your work..</p>
 <p>🕒 Est. 2 hours over 1 week</p>	 <p>🕒 Est. 2 hours over 1 week</p>	 <p>🕒 Est. 3 hours over 1 week</p>	 <p>🕒 Est. 8 hours over 2-4 weeks</p>	 <p>🕒 Est. 2 hours over 1 week</p>

KEY

-  Read / Watch and Reflect
-  Try it Out
-  Learning Partner / Group Exchange
-  Practice, with feedback



Links to training site and related resources

- GPDRR Virtual Training Materials:
www.gpdr.org
- Executive Function Resources: [EF WORKS LIBRARY – Home](#)
- Wish, Outcome, Obstacle, Plan:
[WOOPMyLifeToolbox](#)

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