

Name	Course	Signed off by Line Manager
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Here is a list of items to check your Individual Learning Objective against:

1. Review the training course learning objectives because your ILO must have a strong link to what the course teaches.
2. You must agree your ILO with your Line Manager because you will need their support to achieve it.
3. Your ILO must be SMART and enable you to form a **new habit** that is implementable within 30 days after the course.
 - **Specific** – target a specific area for improvement that the course teaches.
 - **Measurable** – quantify, or at least suggest, an indicator of progress that brings business benefits.
 - **Achievable** – specify goals that are reachable, consider the trigger needed and existing habits to piggyback.
 - **Realistic** – state what results can realistically be achieved, given your available resources.
 - **Time-related** – specify when the habit will be implemented, this should ideally be by 30 days.

My Individual Learning Objective:

What new behaviours do I want to achieve from engaging with this course and / or what unwanted behaviours do I want to disrupt?

Initial Thinking (pre course):

My Individual Learning Objective and Habit to be formed is (created during the foundation course):