

CHAPTER 2

VISION, GOAL SETTING AND TIME MANAGEMENT

MEANING OF VISION

- o Vision means the ability to think about the future with imagination and wisdom. Vision is an important factor in achieving the objectives of the organization. The mission is the medium through which the objectives are achieved.



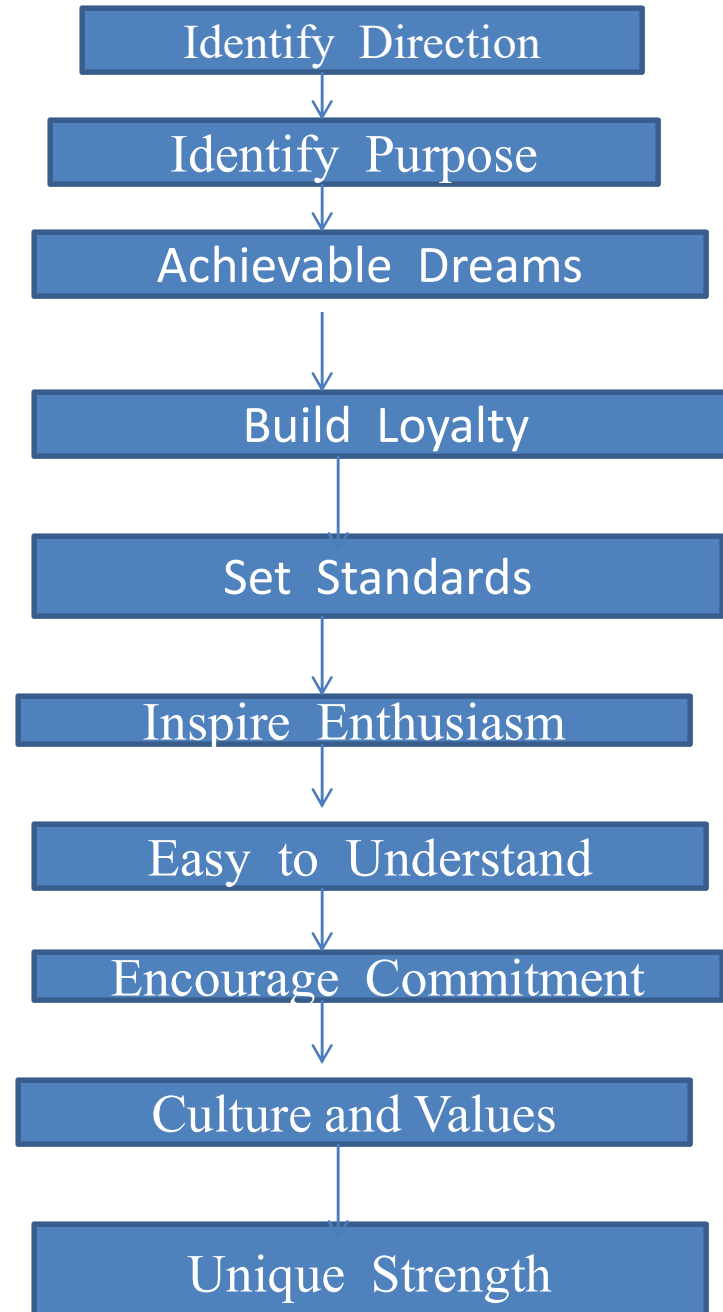
mission statement

A written declaration of an organization's core purpose and focus that normally remains unchanged over time. Properly ...



BusinessDictionary

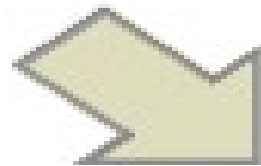
ELEMENTS OF GOOD VISION FOR AN ORGANIZATION



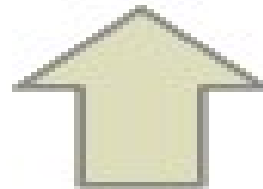
COMPONENTS OF BUSINESS VISION

**Core
Values**

**Core
Purpose**



**Business
Vision**



Visionary

IMPORTANCE/ADVANTAGES/ESSENTIALS OF GOALS SETTING

- Long term vision
- Motivation
- Time Management
- Optimum utilization of resources
- Forward planning
- Enhance competency
- Self confidence
- Decision making
- Career development
- Being positive
- Stress Reduction

Affects outcomes in goal setting/ Mechanisms for goal setting

- The four mechanisms through which goal setting can affect individual performance are:
 - A. Goals focus attention toward goal-relevant activities and away from goal-irrelevant activities.
 - B. Goals serve as an energizer: Higher goals induce greater effort, while low goals induce lesser effort.
 - C. Goals affect persistence; constraints with regard to resources affect work pace.
 - D. Goals activate cognitive knowledge and strategies that help employees cope with the situation at hand.

What is Stress?

According to **Richard S Lazarus**, stress is a condition or feeling experienced when a person perceives that "demands exceed the personal and social resources the individual is able to mobilize." In short, it's what we feel when we think we've lost control of events.



MEANING & DEFINITION OF STRESS

- ◉ **Stress is the physical or mental tension caused by either excess of efforts or by conflicting situations.**
- ◉ **“As life’s pressures mount and your burdens increase, the resulting stress can have catastrophic impact on your health and physiology.”**

~Robert S. Eliot, M.D