

Goal-setting models

CLEAR - Challenging, Legal, Ethical, Appropriate, Recorded

PURE - Positively phrased, understood, relevant, ethical

Mager - Behaviour, Standard, Condition

OKR - Objective, Key, Result

OSCAR - Outcome, Situation, Choices/Consequences, Action, Result/Review

VQTO - Verb, Quantity, Time frame, Quality

SMART – Skills based, Modular, Assessable, Role-relevant, Timely

Egan's Skilled helper - Current scenario, Preferred scenario, Action strategies