

## Achieve Your Goals with Vision Boards - eLearning Nugget

# TwentyOne Skills



### Objective

The idea behind vision boards is to organize your goals in a creative/visual way to help you gain clarity on the things you want to achieve.

But does this really work? Vision boarding is somewhat controversial in the scientific community.

In this eLearning Nugget, we'll shed light on the different viewpoints and show you how to use the vision board tool to better understand what you would like to manifest.

### Description

- What is a vision board?
- Learn about the goals of this model
- Get to know how to create a vision board
- Learn about the scientific background and controversies

### Conditions

In cooperation with TwentyOne Skills, GRADE offers about 35 asynchronous online courses.

The 3-month sessions start at the beginning of January, April, July and October.

Registration is possible at any time. Confirmed participants can access the courses for 3 months at the online platform of TwentyOne Skills. The current registration link can be found here: <https://tinygu.de/en21skills>

### Organizational Information

|                   |                                                                         |
|-------------------|-------------------------------------------------------------------------|
| Language / Format | English / Online                                                        |
| Target group      | Doctoral Candidates at all stages and Postdocs from all faculties       |
| Duration          | Approx. 20 minutes                                                      |
| Registration      | <a href="https://tinygu.de/en21skills">https://tinygu.de/en21skills</a> |