

Motivation Workshop

Course Overview

This workshop aims to resource participants so they can begin to recognise their personal motivation level and either rebuild or add to it from the moment they arrive. It also provides the essential tools to work on and develop the skills needed to grow this and their attitude on a daily basis. Inherent in this skill building is managing the mind-set, communication and personal performance needed at work. Relevant tasks and challenges are introduced and worked through so each participant is able to customise the experience to fit their specific needs. An experiential self-assessment procedure is implemented to help reinforce new skills taught. There is an added module available (on request) for Senior Executives responsible for monitoring motivation levels and performance in others.

Course Topics

- 5 Step method to Identifying/Resolving Motivation Issues
- Addressing lowered Motivation
- Managing Attitudes > Managing Motivation Levels
- The Dynamics of Motivation at work
- The Impact of Ownership
- Building blocks to Excellence
- The Role thinking plays in Workplace motivation
- Self awareness = Movement Forward
- Utilising Intrinsic Motivation
- Benefits of Integrating the Subconscious Mind