

Motivation – The Road to Engagement

Length: 1 Day

Benefits for Attending: By attending this training, you will learn how to:

- Identify the link between motivation and employee performance
- Recognize the external factors that can influence performance
- Discover ways to build and encourage self-motivation
- Learn effective strategies to encourage and sustain positive attitude
- Have a clear vision and overcome obstacles

COURSE CONTENT

LESSON 1: UNDERSTANDING SELF

- Uniqueness of our Self – Social Styles
- SWOT Analysis

LESSON 2: ENHANCING SELF-ESTEEM, SELF-CONFIDENCE AND ASSERTIVENESS IN YOURSELF

- Perception and its role in Self Value
- Self-Image, Self-Belief, Self Confidence

LESSON 3: WAYS TO MOTIVATE ONESELF

- Focus
- Hard work
- Character
- Give more than what you get
- Pride of performance

LESSON 4: THE IMPACT OF MOTIVATION – SUCCESS

- Characteristic essentials to achieving success
- The Power of Positive Attitude
- Importance of Commitment
- Power of Persistence