

SELF-MOTIVATION



Overview

This Virtual Instructor Led Training (VILT) is designed for managers or individual contributors who wish to manage their own levels of motivation and engagement, particularly when working from home or as part of a remote team. Ideal for those who want to gain a greater insight into what drives themselves and others in order to increase motivation and productivity levels.

Purpose	To enable people to take control of their own motivation levels and keep themselves engaged and focussed
Key Objectives	<ul style="list-style-type: none">• To recognise that motivation levels are within our control• To overcome motivational blockers• To elicit individual motivational drivers & link them to successful task completion
Content	<ul style="list-style-type: none">• Definition of motivation & where it comes from• Recognising that everyone is motivated differently - one size does not fit all• Factors that can negatively impact motivation levels• Ideas for self-motivation as a remote worker• Intrinsic vs extrinsic motivators• How to tap into the Deci's basic needs of Intrinsic Motivation: <i>Competence, Relatedness & Autonomy</i>• Identifying a strong purpose & direction• Values & the link to motivation• Eliciting individual motivational drivers in self & others• Linking drivers to tasks to increase engagement levels• The wheel of life & the impact of work/life balance on performance
Logistics	Each session is 2 hours in duration & will be an interactive session, with breakout rooms and full audience participation. Participants will need to join 5-10 mins before scheduled start time and will need, webcam & microphone on a laptop or mobile device. The session will be run in Zoom and a PDF of all slides & tips will be made available following the session.

