

Motivation Workshop

Overview

Everyone faces frustrations in their life, both at home and at work, but the key to being successful in life and at work is handling your frustrations. How you react to frustration will depend in part on your personality, but you can choose how you react.

This workshop offers a practical guide on what motivates and de-motivates people. It also examines how to maximise performance and achieve the best results from individuals and teams.

Target Group

This workshop is designed for managers, team leaders, supervisors and any member of staff who wish to develop excellent morale and high quality performance throughout their business.

Objectives

By the end of the workshop, delegates will be able to;

- Understand the relevant and proven theories of motivation and how they can be applied in the workplace
- Demonstrate motivational techniques

Course Content

Below is an overview of the topics that can be covered. (Please note that if this course is delivered on an in-house basis, the content can be tailored to meet your specific requirements and address any issues you may have.)

- Introductions
- The meaning of motivation
- What motivates you and your team
- How to motivate your team and increase team performance using effective teamwork as a motivational tool
- Maslow and Herzberg's ideas about motivation
- The use of incentives
- The role of Job satisfaction in influencing motivation and what can be done to enhance it
- Setting SMART work and personal objectives
- Creating and implementing a motivational plan
- Controlling mindsets - being positive
- Using effective time management as a motivational tool
- Adapting communication behaviour (verbal & non-verbal)
- The role of Leadership in the motivation process
- Creating a link between job satisfaction and motivation

Outcomes

Each delegate will receive individual feedback and will be asked to complete a personal action plan to identify key changes to implement and skills to practice.

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