

Motivation for the Workplace

Presenter: Dr. Anna James

By the end of this course you will have analysed your own motivational levels. It is also hoped that you will take forward the ideas and concepts presented, with a view to employing them in the best way that works for you. Concentration will be placed on understanding the psychology of motivation, the barriers to motivation and ways to deal with these barriers, including personal confidence. Time for self-analysis will be given so that participants can draw on their best qualities and motivational issues.

Part 1

9.30-10.45

- Welcome
- The psychology of motivation:
 - ✓ Theories of motivation
 - ✓ What creates a demotivated mind-set?
 - ✓ The image of a motivated individual
 - ✓ Is poor mental health necessarily connected to feelings of demotivation?

Break: 10.45-11.00

Part 2

11.00-12.30

- How to positively motivate yourself:
 - ✓ Improving your inner self-esteem
 - ✓ Don't criticise my foibles!
 - ✓ Quick fix motivators
 - ✓ Would you
- Question and answer session
- Evaluations



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