

Enabling Mindset Change.

Mastering Motivation.

Overview.

Mastering Motivation moves each individual to create and sustain an immensely powerful inner drive and motivation. Where material and financial incentives fail to keep people striving to achieve, the most effective approach is for individuals to motivate themselves.

Through coaching and interaction the Mastering Motivation programme equips participants with techniques for creating and maintaining their own levels of motivation.

Business benefits.

No matter what the strategy within a business the Mastering Motivation Programme will ensure people are really up for the challenge. Through attending this programme delegates will be driven to succeed and have a focus on results irrespective of the corporate environment.

Outcomes.

- Understand their habitual behaviours and how habits can help or hinder their success
- Exercise choice over personal motivation levels choosing more helpful responses to events and setbacks
- Maintain a positive mindset which promotes resourcefulness and productiveness in a challenging business environment
- Increase their confidence to pursue objectives and goals
- Reproduce their best days consistently when it matters most
- Identify what they do when they are at their best and develop personal exceptional performance strategies
- Appreciate the crucial importance of how attitude impacts performance and results
- Switch strategies away from fear of making mistakes towards experimenting and learning

Duration.

1 or 2 days.