



# EMPOWERMENT AND MOTIVATION SKILLS

"It always seems impossible until it's done." - Nelson Mandela

This training course will give participants the tools to increase their motivation and make positive changes in their lives. It will explore different ways to identify and overcome obstacles, recognize strengths and weaknesses, sharpen focus on goals, and create lasting habits. Through discussions, practice sessions and real-life examples, students will learn how to be self-motivated, set achievable goals, and figure out where to find the motivation when times are tough. To wrap up, there will be a discussion about tracking progress and staying motivated over the long term. At the end of the course, participants will have the knowledge and confidence to stay motivated and make a meaningful difference in their lives.

## Key Course Content:

- Understand how people can be motivated.
- Understand the relationship between motivation and job satisfaction.
- Motivate themselves and their subordinates.
- Use time management techniques to speed up the processes.
- Boost employee engagement levels and enjoy the proven outcomes.
- Substitute lethargic vocabulary with motivational communication to suit the Australian workplace.
- Implement a long-term plan to sustain the motivational techniques applied in the workplace.
- Create a sense of purpose through goal setting and reaching targets.



## Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



## Duration:

This course is available as a 1-day course or a truncated half-day course.



## Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



## Group Size:

We recommend a group size of 4-10 people.