



MOTIVATIONAL SKILLS AND STAYING POSITIVE

"If you can dream it, you can do it." – Walt Disney

Motivation Skills & Staying Positive is a course designed to help you increase your motivation, combat negative self-talk, and find the power within to reach your goals. You'll learn strategies to build self-confidence, increase productivity, and gain a healthier outlook on life. Through hands-on activities and practical exercises, you'll be equipped with the tools to stay motivated and positive in any situation. Join us as you embark on an exciting journey of self-discovery and transformation. This course will help you explore how to stay present, let go of negative thoughts and feelings, and ultimately achieve success.

Key Course Content:

- Understand and tailor motivational messages.
- Explain Dr Seligman's studies on positivism in the workplace.
- Discuss the proven link between motivation engagement, increased customer satisfaction and increased revenue.
- Empower employees to make necessary decisions.
- Develop employee engagement levels.
- Agree on metrics to measure workplace motivation.
- Make your people feel valued.
- Listen actively and create open conversation platforms.
- Substitute lethargic vocabulary with motivational language.
- Describe the importance of remaining calm in the workplace.



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.