

Training Plan - One Day Program on Motivation

Topic	Time	Training Methodology	Focus Areas	Activity
Introduction & Expectation Setting	9.30 am - 10.00am	Interaction	o Introductions o Setting Expectations	
Understanding Self	10.00 am - 11.15am	ILT and Activity	o Uniqueness of our self – Social Styles o Swot Analysis	Activity: Self Evaluation-Social Styles Activity: Self Evaluation- Swot Analysis
Tea Break: 11.15 am - 11.30 am				
Understanding Self	11:30am - 12:30 pm	ILT and Activity	o Swot Analysis(Continued) o Johari Window	Activity: Self Evaluation- Swot Analysis(Continued) Activity: Johari Window Questionnaire
Enhancing Self-Esteem And Self-Confidence	12.30pm - 1.00pm	ILT, Activity	o Locus Of Control	Activity: Self Evaluation- Questionnaire
Lunch: 1.00 pm - 1.45 pm				
Enhancing Self-Esteem And Self-Confidence	1.45pm - 2.45pm	ILT, Activity	o Perception and its role in Self Efficacy o Self-Image, Self-Belief, Self Confidence	ILT Activity: Participants to identify and come out with personalities who overcame physical challenges through self image, self belief and self confidence
Ways to Motivate Oneself	2.45pm - 4:00pm	Video and Activity	o Focus o Hard Work o Character o Give more than what you get o Pride of performance	Video: Inpersuit of Happiness or Chak de
Tea Break 4.00pm -4.15 pm				
The impact of Motivation - Success	4:15pm - 5:15 pm	Activity, Video Clip and ILT	o Characteristics Essential to Achieving Success o The Power of Positive Attitude o Importance of Commitment o Power of Persistence	Group Discussion: Essential characteristics for success, Roleplay: Power of positive attitude Case study: Power of persistence
Wrap Up & Feedback	5.15 pm - 5.30 pm	Interaction		

