



## Overview:

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If businesses or individuals want greater success, then the answer resides within the ability to improve motivation, improve the use of energy and to improve talent. Yet, almost every time, the emphasis is on talent or the hard skills with little or no focus on motivation or the soft skills.

It's no secret - employees who feel they are valued and recognized for the work they do are more motivated, responsible and productive. Moreover the real sustenance of motivation lies in the "Art of self-motivation". This is a busy one-day motivation training workshop to help emerging leaders create a more dynamic, loyal and energized personality and replicate it in their workplace.

## Benefits for the Participants:

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- By attending this training seminar you'll learn how to:
  - Identify the link between motivation and employee performance
  - Recognize the external factors that can influence performance
  - Discover ways to build and encourage self-motivation
  - Learn effective strategies to encourage and sustain positive attitude
  - Have a clear vision and overcome obstacles

## Training Topics:

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- Part 1 - Understanding Self
  - Uniqueness of our self – Social Styles
  - SWOT Analysis
  - Johari Window



- Part 2 – Enhancing Self-Esteem And Self-Confidence
  - Locus Of Control
  - Perception and its role in Self Efficacy
  - Self-Image, Self-Belief, Self Confidence
  
- Part 3 - Ways to Motivate Oneself
  - Focus
  - Hard Work
  - Character
  - Give more than what you get
  - Pride of performance
  
- Part 4 – The impact of Motivation - Success
  - Characteristics Essential to Achieving Success
  - The Power of Positive Attitude
  - Importance of Commitment
  - Power of Persistence

## Who Should Attend?

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Supervisors, Managers and Team Leaders.

## Training Hours:

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The duration of the training program will be 8 hours.

## Training Methodology:

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- Individual Training
- PowerPoint Presentation
- Movie Clips
- Group Activities
- Case Studies
- Self-Analysis/Reflection



# Motivation Training



MMM Training Solutions  
*Seamless Transformation*

## Resources Required:

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- Momentum Training Solutions will conduct the training
- Maximum number of participants to a session will be 15
- The training will be conducted at a venue organized by client
- The following will be provided by client:
  - o Hand outs will be printed/photocopied
  - o The LCD projector
  - o Audio speakers