



**MAKE
THINGS
HAPPEN!**

Self Motivation

It is in the nature of humanity to look for reasons as to why all things are happening. We've sought to find out why things are exactly the way we see them, and even why we exist. This is especially true in rather stressful situations that all professionals experience. It is therefore very important for them to learn the true nature of what they're really looking for: motivation. Simply put, motivation is what allows people to handle anything life has to throw at them. Nietzsche would in fact remark eloquently: "he who has a why to live can bear almost any how." The end result of motivation is the very mark of a great professional: resilience, and this is what we intend to give to our participants for this training session.

In this training session we discuss, among other things, the basics of motivation, the theoretical approaches to acquiring the motivation, and how to spread positive vibes throughout the workplace. Employees will feel a sense of pride in knowing that all obstacles in the world cannot harm their desire to keep going and being their most productive selves possible after they learn the methods and techniques here.

Course Overview

The first part of the day will be spent getting to know the participants and discussing the workshop. Students will have the opportunity to identify their learning goals.

The basics of motivation

In this session, participants will learn and have a scientific understanding of motivation which will give them incentive to stay motivated no matter what.

The science behind motivation

In this session, participants will learn the different types of motivation based on Maslow's Hierarchy of Needs, and the steps on how to create a motivating environment adhering Maslow's Hierarchy of Needs.

How to spread motivation

During this session, participants will learn on how to become skilled, productive, sensitive, capable of understanding the emotional depth of their teammates, and most capable of spreading a positive vibe all over the company.

How to keep motivations in tense situations

This session will provide participants the means to stay alert and capable of motivating their teammates even in the direst of situations.

Workshop Wrap-Up

At the end of the course, students will have an opportunity to ask questions and fill out an action plan.

Visit <https://paramounttraining.com.au> for more information or call 1300 810 725