



## Motivation Training

Motivation is a subject that deeply resonates with us as goal oriented beings. Understanding motivation. How to sustain it is crucial. We have recognized the need, for this training program, which will cover topics like stress management and motivational exercises. By enrolling in this course participants will develop the resilience required to thrive in todays market.

Upon completion of this workshop participants will be able to;

- Enhance their self motivation.
- Employ strategies to boost motivation.
- Set SMART goals efficiently.
- Identify their motivators.

## **Course Overview**

The initial part of the day will be dedicated to acquainting participants with each other and discussing the workshops objectives. Students will have the opportunity to outline their individual learning goals.

## **A Psychological Approach**

During this session we will introduce participants to theories that influence our behavior and mindset.

## **Object-Oriented Theory**

In this session we will delve into the history of reinforcement theory while providing participants with insights, into three factors that can enhance motivation.

## **Using Reinforcement Theory**

During this session, Participants will be introduced to the history of reinforcement theory. They will also be taught with the three factors that will help them be motivated in the workplace.

## **Using Expectancy Theory**

In this session we will explore the history of expectancy theory. Delve into its significance, in motivating individuals in the workplace.

## **The Role of Personality in Motivation**

Participants will gain insights into identifying their personality type well as understanding the personality types of others and how these factors influence motivation.

## **Goal Setting**

This session will equip participants with the knowledge and skills to effectively set SMART goals ensuring clarity and achievability.

## **Developing a Personalized Toolbox**

Participants will learn how to create their personalized motivational plan that fosters growth and development in aspects of their lives.

## **Motivation at Work**

This session focuses on factors that impact motivation, on the job. Participants will also acquire strategies to address individual morale issues, team morale dynamics and approaches to take when overall company motivation is lacking.

## **Discovering Personal Motivators**

During this session participants will be guided on identifying motivators to them and effectively leveraging them for enhanced motivation.

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