



WE'RE ALL ABOUT CPD

MOTIVATING MYSELF – AND OTHERS

– BEING GOAL DRIVEN, ALIGNED TO ORGANISATION PURPOSE, AND EXHIBITING A POSITIVE APPROACH:

COURSE OVERVIEW:

The Myths of Motivation exposed, goals and the meaning of work, dealing with setbacks, being happier

Motivation is an elusive subject. Why are some people just not motivated and so bring others down with them?

Getting a handle on good self-motivation is a starting requirement of today's professional – and then being able to apply those ideas to others around you. By the end of the programme you will have a clear idea of how to improve your motivation in the short term and your own sustainable drive in the longer term.

And since 'resistance is created through lack of clarity' this course will help you get a clear focus on where you are going and show you how to get there.

And that is infectious...

This course aims to show you how.



LEARNING OUTCOMES:

By the end of this course you can:

- Recognise ten things you didn't know about motivation;
- Use the 'big six' questions to ask yourself to find your goals and put meaning to life;
- Know how to maintain goal-focused and avoid self-sabotage;
- Engage with others to help you on your journey;
- Use setbacks as stepping stones to move you forwards;
- Recognise your attainments (large and small) regularly using them to inspire your continual progress;
- Help others find their 'mojo';
- Develop a bespoke Personal Development Plan

THIS COURSE WILL PROVIDE approximately 3HRS OF CPD

OUTLINE PROGRAMME:

<i>Section</i>	<i>Objective</i>
• Motivation Myths	Discover ten things you didn't know about motivation
• Big-Six Questions	Your route to your meaning of life
• Your Chuffed Chart	Recognising what 'floats your boat' to help with personal satisfaction
• Distractions at work	To stop self-sabotage and deal with interruptions at work
• Gaining support	To get help and support for your goals
• Setbacks	To find the seeds to progress in the problems that will occur
• A team approach	Helping others find their 'mojo'
• Developing your PDP	Continuing the journey with your Personal Development Plan
• Module Evaluation	Planning to embed individual learning in the firm

LEARNING RESOURCES:

Supporting materials designed by DAW Ltd. for this programme includes:

- ✓ Pre-event discussion template for line manager – fully supported through delegate attendance pack
- ✓ Pre-work – getting the learner to evaluate existing situations and intentions going forward
- ✓ Online video show-casing 'hands-on' practical ideas drawing on realistic working practices
- ✓ A comprehensive workbook to support learning
- ✓ A learning assessment tool to check your embedded learning
- ✓ Post-event discussion template for line manager – fully supported through delegate attendance pack

YOUR TUTOR:

Adrian 'Mac' Mackay, BSc(Hons) DipM MCIM DipDigM CMkr PCertM CMgr MCMI MBA (Strategic Marketing)



Through researching the background to my latest text book: *'Motivation, Ability, and Confidence Building in People'* I discovered how much I had misunderstood about motivation both of myself and of my staff over many years.

I discovered something interesting– nobody can *give* you motivation: so don't expect your boss to motivate you. While I know I can't motivate you – but I can help you to become *self-motivated*.

Like so many others, I have had some serious set-backs to my career, my health, my life but have found a way forward and would like to share with you how to stop worrying, get a buzz about things and find your path to a more enriching life.

Oh, and I wrote *'Master your CPD – in 3 minutes a day'* to help you master your CPD...



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