

The Mighty Motivation Mission.....

Motivation Techniques for Improved Teamwork

Half Day Team Building Workshop

Who will benefit

This workshop is a highly interactive, inspirational and motivational training session suitable for all levels of staff. Motivational skills and techniques will be learned and explored so that delegates gain a better understanding of their own behaviour as well as the behaviour of their colleagues. Through utilising effective motivational techniques for ourselves and others an improvement in business performance, staff satisfaction and team bonding will be achieved.

Objectives

The aim of the workshop is to develop and enhance motivation skills. The training is upbeat and energetic so that delegates benefit from experiencing a fun time whilst developing new skills. The workshop is a perfect vehicle for encouraging teamwork, achieving excellent communications whilst enhancing motivation and positive behaviour.

Course Outline

Motivation and De-Motivation

Understanding motivation and the positive/negative effects
Learning techniques for self-motivation
Practical activity using colour and creativity

Effective Team Communications

Recognising and adopting assertive behaviour
Active listening skills
Questioning techniques

Personal Styles and their effect on Motivation

Group activity guaranteed to make you laugh whilst highlighting different styles and their effect on motivation

Attitudes to Motivation

Developing self-esteem and self-confidence
Maintaining a positive attitude
The rules of motivation

Action Plan

Participants plan and discuss what they will do on return to work.

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