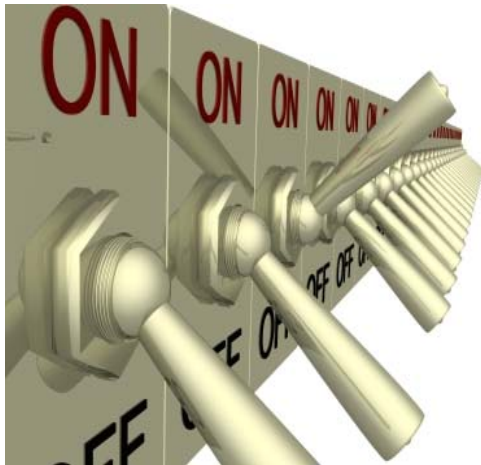


MANAGING THE **MOTIVATION** SWITCH



On your marks, get set....what makes you go?

Motivation is one of the most important keys to success. It brings faster, better and bigger results. A motivated person is a happier person, has more energy and sees a positive end result in his/her mind. This workshop will show what can be done to enhance motivation and awaken the power that will push us towards accomplishing our professional and personal goals

A flexible 90-minute, interactive workshop for organisations wishing to improve staff health, absence and performance

Aims and Objectives

- To establish 'triggers' to switch on self-motivation
- To recognise the value in creating a compelling vision of success
- To establish the characteristics that keep us in the 'flow zone'
- Unlocking inner conflict and barriers to change to improve leverage

Benefits to Delegates

- A strategy that stimulates and switches on self-motivation
- The ability to get out the chair and get more active to improve fitness
- Increase progress towards any professional and personal goals
- An understanding of how to keep momentum going over long term projects

MINDBody
Solutions Ltd

Facilitated by
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A specialist in
Wellness screening,
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Workshop Outline

- When we know WHAT to do, what makes us get up and do it?
- The 'stick' or the 'carrot'. Personal motivational triggers
- Constructing a picture and composing a script. Creating a vision of success
- What keeps us in the 'flow zone' on long term projects
- Finding the best strategy and overcoming barriers to change

Conclusion

Motivation is the state of being ready for change. There are times when we want to change ourselves, and times when others want us to change. Both can motivate us, but only we can decide when we're ready and how we want to change

Scope of Work

This workshop can be run alongside a number of in-house wellness screening appointments for staff. Each one to one appointment is approximately 20-minutes in duration