

„Self-motivation – how to find motivation for everyday tasks”

Course description:

Self-motivation is the art of motivating ourselves. People who are motivated internally achieve the greatest success in their personal and professional life. Because they know what they want and they aim at it they are able to implement effectively (though sometimes with difficulties) their intentions and get a lot of pleasure from work.

Acquired skills:

- increasing the competence of participants in area of self-motivation
- improving professional efficiency
- identifying potential sources of motivational conflicts
- shaping solution oriented attitudes and not problem oriented attitudes
- learning to take responsibility for ourselves and other people
- increased self-awareness
- increased self-confidence, strength and effectiveness

Training program:

1. My time is my life: the art of conscious choices

- setting goals that we really want to achieve
- are my values, professional priorities in accordance with my person?
- better organization of daily tasks as a self-motivating factor
- cleaning, sorting and its role in self-motivation

2. Change: thanks to it we break the monotony of action

- Do we act creatively, or automatically? How can we achieve a creative approach to everyday tasks?
- Change as a motivational element

3. Motivation:

- How can we motivate ourselves to work every day?
- What are the sources of motivational conflict - working on beliefs
- Shaping an attitude that helps to take responsibility for ourselves and other people

4. Healthy rest as a prevention of professional burnout**5. Maintaining high self-esteem and ways to build self-confidence in self-motivation****6. Prevention in case of dealing with emotions*****Methodology:***

During the training we use the following training methods:

- Individual work questionnaires
- Talk
- Practical relaxation exercises
- Practical meditation exercises
- Mini lecture - Power-point presentation

Organizational information:

Number of training hours: 12 hours / 2days

Time of training 9:15-15:15

Place of training: Łódź, Piotrkowska 125 – KM Studio - trainings