



Course Description

Dynamics of Motivation

Unleashing the forces that move us to excel

A 1 day seminar

Dynamics of Motivation explores the true nature of motivation and how it is stymied in the workplace as a matter of practice. People bring natural creative energy to the workplace where it often lays dormant or is actively suppressed in a repressive work environment. Employees are eager to give heart and soul at work, but they simply are discouraged from doing so. What's going on? How can we turn those workplaces into environments of empowerment? The answer is in understanding the dynamics of motivation. (1 day, 8 hours)

Course Content

The true nature of motivation

- Motivation = energy
- A natural force
- Motivation vs. coercion (fear)
- Intrinsic vs. extrinsic sources
- Empowerment
- Locus of control: personal effort or luck
- The brain-body connection

How we determine value for ourselves

- Value and the quest for meaningfulness
- Finding meaningfulness in our work

Unleashing heart and soul

- What's holding us back?
- Worker's varying levels of commitment

Motivational and de-motivational triggers

- A highly motivated workforce
- Why we don't give heart and soul
- Strategies for changing behavior
- Procrastination: a form of de-motivation

Practices for unleashing

Course materials. Participants receive

- A 40 page participant guide that includes narrative of main points, models for discussion, and application activities to transfer ideas presented in class to every day practice.