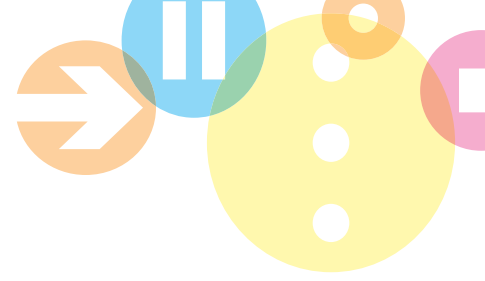

Keeping remote workers and teams motivated during times of uncertainty, change and crisis



Virtual motivation

PROGRAMME OUTLINE:

Every aspect of our working life has tilted on its axis – our habits, rituals and patterns of working are no longer applicable. Individuals and teams face the dual challenge of managing unprecedented levels of uncertainty whilst adapting quickly to working remotely.

Research suggests that two of the most critical personal competencies for successful remote working are self-discipline and self-motivation. For remote teams, this is even more true – motivation accounts for 40% of the success of team projects.

To overcome the challenges and harness the positive opportunities presented by remote working, we need to really understand what motivates ourselves and others. Only by understanding and tapping into what drives us can we build the inner resourcefulness to stay engaged and productive over a sustained period of change.

In this programme, participants will:

- Understand the four principal types of motivation
- Identify their own personal motivational drivers
- Understand the brain's natural 'seeking system' and how to use this to enhance motivation
- Learn techniques to unlock their own and other's internal motivation
- Develop practices to avoid the four most common motivation traps

PROGRAMME FORMAT & DURATION:

90-minute duration

Run as a virtual session – participants can join from any location

GROUP SIZE:

From 1 to 10 participants

For more information, send an email to info@designed4success.co.uk or call us on +44 (131) 357 0369