

# Motivational Skills and Techniques



Motivating directly influences productivity and job satisfaction. Motivation can be defined as the cause of action, as it energises human behaviour. This course offers a practical guide on what motivates and de-motivates individuals and teams. The content is designed to support the motivator to achieve the desired objectives by:

- Understanding people's motivations at work
- Grasp the theories of motivation and how they apply in the workplace
- Recognise what de-motivates
- Enhancement techniques to support positive motivation
- Different leadership styles to support motivation
- Motivational communications both verbal and non-verbal

## Who Will Benefit?

Managers, team leaders and supervisors who want to develop well-motivated people and teams

## Course Outline

- Motivational theories
- Recognising individuals needs
- What de-motivates people
- De-motivation indicators
- Turning around de-motivation
- Appropriate leadership styles
- Applying the appropriate leadership style
- Effective communication
- Linking communication to the motivational theories
- Creating a road map for motivation within your team

## Duration

1 Day

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