The Power of Motivation – Inspiring People at Work Training

Duration: **2 Day**

BILGINÇ
IT Academy
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Overview

This training provides participants with the necessary tools and strategies to understand and improve motivation at work and in personal life. Participants will gain practical insights into how to maintain, boost, and lead motivation for themselves and their teams.

Who Should Attend

- HR professionals
- Managers, team leaders
- All professionals seeking to boost workplace motivation
- Anyone aiming for professional growth

What You Will Learn

- Understanding the fundamentals of motivation
- Recognizing the importance of motivation in the workplace
- Applying major motivational theories effectively
- Designing individual and team-based motivation strategies
- Exploring the relationship between leadership and motivation
- Sustaining motivation through feedback and performance management
- Managing challenges that reduce motivation

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Outline

Module 1: Foundations of Motivation

- Concepts of satisfaction, commitment, and motivation
- Intrinsic vs. extrinsic motivation
- Emotional balance, values, and belief systems
- Handling stress and negative emotions
- Key influencing factors of motivation

Module 2: Motivation Theories

- Maslow's Hierarchy of Needs
- Herzberg’s Two-Factor Theory

Module 3: Motivation Strategies

- Setting individual goals
- Reward and recognition systems
- Team engagement and collaboration

Module 4: Leadership and Motivation

- Traits of motivational leaders
- Leadership styles: Democratic & Coaching
- Leading with empathy and inspiration

Module 5: Sustaining and Enhancing Motivation

- Monitoring and evaluating performance
- Giving motivational feedback
- Managing morale during crisis and change