

PERSONAL MOTIVATION

Who should attend?

This course is designed for anyone who believes that they are not achieving their potential due to low self esteem, lack of self belief or who find it difficult to rise to the constant challenges that life inevitably throws at us without feeling overwhelmed or beaten.

Why should they attend?

In today's competitive climate it is essential that everyone is able to present themselves in a manner that inspires confidence in employers, colleagues, buyers and anyone else who may influence opportunities. Very often it is lack of personal belief and enthusiasm that prevent otherwise skilled and talented people achieving the success they deserve.

Objectives;

By the end of the course, delegates will understand that;

- 'Whether you think you can, or whether you think you can't – you are right!'
(Henry Ford)
- We all have the ability within us to unlock our true potential and fly high
- It is everyone's right to speak up in a confident manner in any situation
- Setting realistic, measurable goals is essential for personal success
- It really is possible to overcome lack of confidence

The course will cover;

- The truth about motivation and success
- The importance of a positive attitude and how to develop it
- Inspiring others with a 'can-do' approach
- Becoming more assertive
- How to set and achieve your goals
- How to present yourself as a winner

Outcome;

The outcome of the course will be that delegates have a set of practical tools as well as a 'can-do' mindset to move forward and achieve some of their untapped potential.

Duration

1 day

Note

As with all our training / coaching interventions, this course will be adapted to suit the culture of your business. Relevant anecdotes, examples and language will be incorporated to ensure maximum effectiveness and application of the skills and tools.