

"Parents are a child's first and most important teacher"

FIND YOUR GET UP AND GO

Motivation is one of those words that everyone uses and understands but is rarely defined. It is that driving force in individuals that encourages them to push and achieve their goals and meet expectations. We often do not look at motivation until it is lost. Psychologists have dissected and analysed and formed theories around what motivates us because it is so important in the workplace. How do we take that information and use it? In this session, we will talk about the practical implications of motivational research. We will learn how to identify what motivates us on a personal level and how we can help team members stay motivated. We will get back in touch with our "get up and go" for a better work life.

SESSION OUTLINE

- Discover What Motivation Means
- Learn What Really Motivates People
- Motivation and Values
- Using Brain Chemistry and Body Reactions to Stay Motivated
- Motivating Team Members Through Meeting Needs
- Remote Working and Motivation
- Understand What to Do When You Lose Motivation
- Celebrating Success for Motivation Maintenance

SESSION INCLUDES

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the seminar
- Opportunity to ask questions & signposting for future support

Gwendolyn Jones (Speaker)

Gwen is finishing her MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained individual therapist, relationship therapist and coach who works with people all over the world to reduce anxiety and have happier, healthier lives. Gwen initially studied Psychology at the University of Utah, then trained to become a teacher in Special Education, working with children with severe behaviour disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life. She and her family have been active in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.