



Training Academy

### COURSE DURATION

Half a day

### NUMBER OF DELEGATES

The recommended number of participants is:

Face to face 6 - 8  
Virtual 4 – 6

### CONTACT:

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## MOTIVATION SKILLS

### COURSE OVERVIEW

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By understanding what motivates and de-motivates us we can actively encourage performance in others.

### OBJECTIVES

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Having attended this event you will be better able to:

- Explore Hertzberg's theory of motivation.
- Discuss how motivation has an impact on performance
- Identify your own behaviours when motivation is low
- Identify your own motivational orientation
- Discuss how we can support ourselves and others in the face of everyday challenges

### WHO SHOULD ATTEND?

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This course is designed for anyone that need to motivate a team or feels they need help identifying their own motivation factors.

### COURSE STYLE

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This workshop is theory based and mainly looks at your own motivation factors and gets you thinking about those of your team members.