

Motivating Yourself and Others

Highly motivated staff perform at a higher level and highly motivated managers can elicit greater responses from staff.

This course will give participants the practical skills not only to improve confidence and self esteem, but the ability to motivate even the most difficult person over time and in every situation. It presents techniques and strategies that will provide individuals with an understanding of motivation that will allow them to achieve personal, departmental and organisational goals.

course details

Course Duration

One Day

Course Cost

£950

Maximum Delegates

This course is designed for up to 10 delegates

Training Location

Training can be run at any venue

Participant Profile

This course is aimed at:

- Managers and Team Leaders who want to increase the organisations success
- Managers and Team leaders who need to motivate themselves and others

Key Topics

Participants will cover:

- Understanding motivation
- Releasing your potential
- Getting the best from people
- Recognising de-motivation
- Understanding de-motivation
- Dealing with de-motivation

Course Benefits

On completion of this course, participants will understand:

- Motivational theories and essential concepts to avoid de-motivation and remain positive
- How to feel confident, purposeful and revitalised
- Techniques and strategies that will allow staff to thrive in the workplace
- How to motivate a team and get the best from people

client testimonial



Since the training we have had with t2, staff feel more motivated by the investment we've shown in them. The fact that the course was fully tailored to us and our requirements meant that I knew I wasn't wasting money on generic training – I knew our issues would be addressed and rectified.

Tilla Singh, **Biotage Ltd**

You may also be interested in...

Managing Stress

Designed to enable participants to understand and identify stressors, recognise the impact of stress in the workplace and act positively when managing stress.

Developing Others

Focuses on the training and development needs of your team. It looks at the key stages of training and development; ensuring that it is appropriate, efficient and cost effective.