



Happiness and Motivation

This interactive workshop provides an opportunity for delegates to explore the challenges they face when motivating themselves and their team members. They will share these challenges and learn from each other in a safe, energising and fun environment. They will come away with tips and techniques to practice in the workplace, giving them happiness and fulfilment in their role.

Learning Aims

By the end of the workshop, delegates will be able to :

- motivate themselves and their team effectively
- build better relationships with other teams across their business
- demonstrate a range of personal skills to get the best out of their team members

For Whom

This half-day session is designed for anyone who is interested in developing or refreshing their understanding of why it is that they themselves, and other people, usually aim to do a good job. It is a good eye-opener for people looking for greater motivation in their own role, as well as for team leaders looking for new ways of thinking to help them motivate others.

Content

The philosophy and science of happiness

What makes us happy ?

Levels of happiness

Self awareness exercise : Career motivations

Understanding motivation – “intrinsic” and “extrinsic” factors

Empathy and sympathy

Helping people to feel valued

The real meaning of empowerment