

# Motivation Training

## DESCRIPTION:

The topic of motivation is extremely important to managers and supervisors. How to get motivated to work, stay motivated and how to motivate others are important skills. Many people work in a job they dislike or just find it difficult to stay focused at work. The days seem long and can't wait to get home.

This workshop is designed to improve motivation skills. Motivation is an essential skill for anyone's professional and personal life. The motivated mind gets a lot more done, and what it creates is of a higher order than that which is produced under pressure or force.

## OBJECTIVES:

Upon completion of this training, the participants will be able to:

- Define Motivation
- Identify the need and importance of motivation to an organization
- Describe motivational theories
- Identify the elements of a sound motivational system
- Describe the features of morale
- Differentiate between motivation and morale
- Describe job performance
- Learn self-motivation skills

## OUTLINE:

- What motivation is
- Inter-relationship between supervising and motivation
- Theories of motivation
- The carrot, the whip and the plant
- Identify your fear and desire
- Importance of goal setting
- The role of value
- Creating a motivational climate
- The Expectancy Theory
- Designing a motivational checklist



## TRAINING CODE:

MOTPD 06

## DURATION:

06 hours / 3 hours for 1 day

## MODE OF DELIVERY

- presentations
- group discussions
- role-playing
- self-assessing exercises

## DESIGNED FOR:

This course is suitable for

(Levels 2 &3)

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