

UNLEASH YOUR ENERGY & MOTIVATION

Program Description

Overview:

How do you maintain optimism and high morale under extreme pressure and difficult circumstances? Everyone faces challenges and every person, organization, company, and team will have to overcome negativity and adversity to define themselves and create their success. This workshop will help you understand what motivates you – how you can bring out the best in yourself and what you can do to stay highly motivated and energized. We'll cover: what motivation is, why we get stressed and what you can do about it, obstacles to motivation, identifying what is within your control and what is beyond your control, and actions you can and should take now to get and stay motivated.

Objectives:

As a result of this program, participants should be able to:

- Discover what's really important to you – and focus there
- Determine what causes you stress and what you can do about it
- Identify what is within your control and what is beyond your control
- Regain your passion through the 4 keys for unleashing your motivation

Length: Keynote: 60-90 Minutes
 Workshop: 3-4 Hours