

OnLine: Unleash your motivation

Motivation is what you need to get results and is fundamental to success in business and personal life. These short courses are examples of what can be learnt in a few hours

Smart Coaching & Training and Focus is offering this one-day public course delivered by Focus' and SCT's experienced trainers in Morocco. It is also available for remote delivery and as an online course



Morocco

Unleash your motivation

How Motivation >>> Action >>>> Result

"If we have the attitude that it's going to be a great day, it usually is" – Catherine Pulsifier

Our world is one of rapid change, complexity and uncertainty. Those who are strong, purposeful and sure in their actions survive and flourish. Motivation gives you the power to be determined, energetic, inspired and in control of your behaviour and actions. Being motivated means having the desire, inclination and will to achieve a result, and the expectation that you can get there.

Motivation is the reason you act and it is the stimulus you need to take action.

What motivates us is partly set by our own experiences and life events, partly by our physiological and psychological needs, partly by our emotions, partly by our personality traits. Motivation is personal. It's an internal process that is also sparked within you. It can be prompted by intrinsic or extrinsic factors. Understanding what motivates you offers a way to find solutions to problems you encounter.

As with all things done well, self-awareness plays into our ability to be self-motivated. It helps you live life appreciatively and operate a growth-related mindset. Do you use motivational tools like Pomodoro to help?

How motivated do you feel in these areas of your life right now? Work, leisure, finances, relationships, health, personal growth? You have it within you to find the talents and attributes you need to be motivated in a given situation where those circumstances will meet your needs and desires.

The course covers these topics:

- ✓ Motivation: how are you now? What does it mean? Some theories?
- ✓ Understanding your motivation: Needs, puzzles
- ✓ A motivation model and motivational moves
- ✓ Mindset: the power of yet, a model and a wheel.
- ✓ What stops you – top tips and motivational manoeuvres
- ✓ Masterminding motivation
- ✓ Motivation in action.

These courses are sometimes run as open public courses but are more often run for companies who provide up to 12 participants. Can be run in person or remotely and is also available online.

Based in the UK, with associates in four continents, speaking 11 languages, SCT unleashes your potential for smarter results. Biographies of all our trainers, their experience, locations and languages and so much more can be found on the website www.smartcoachingtraining.com.



KHDA/Actvet Certified

Your Trainers



Randa Shanableh is a bilingual IT and Soft Skills trainer and coach and is a founder of Focus Training.

David Rigby has over 30 years' experience of management consulting, training and coaching.

My compliments to the trainer for his ability to deal with the challenges of a multi-cultural class. Ammroc Abu Dhabi

I am very lucky to have met such a brilliant woman, Randa was one of the most efficient and capable trainer and coach to handle such projects. Jordan

David is a very effective educator, coach and speaker. His delivery is very engaging, and he presents in a way that everyone could understand. Abu Dhabi University

My staff qualities have been finely polished at the hands of Ms Randa Shanableh, a great craftswoman, dedicated coach, passionate, evolutionist and creative. London

it's great to feel your energy, David, and to know the myriad talents you use to develop people. Inspiring!! Coach Barcelona

David ran International Certification in Advanced Leadership Skills leveraging a unique interpersonal style that made fun learning. Braincraft Ghana

You can learn from him just by listening to him speaking. Rolaco Jeddah KSA

It was very enlightening to understand myself more as a professional and understand my team better to support and enhance their skills. Al Tayer Dubai

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