

Motivation: Identifying, Planning, and Implementing

1 day

Description

In this ILT Series course, students will discuss the foundations of motivation. They will examine motivating and demotivating factors as well as negative thoughts. They will also discuss motivation theories and the benefits of motivation. Students will examine the concept of having a Positive Mental Attitude, and how they can work towards a PMA in their lives. During this course, students examine in detail the fundamentals of the core four known as good health, life-long learning, effective communication, and good organization skills. Finally, students will discuss the motivation process and how they can work towards reaching their peak performance.

Prerequisites

- *None*

Course Outline

Unit 1: Basics of motivation

Topic A: Overview of motivation

Topic B: Overview of the motivation process

Unit 2: Positive mental attitude

Topic A: Self-confidence

Topic B: Overcoming your fears

Topic C: Perception and reality

Unit 3: The Core Four

Topic A: Health

Topic B: Competence

Topic C: Relationships

Topic D: Organization

Unit 4: The motivation process

Topic A: Identify and plan

Topic B: Implement and evaluate

Unit 5: Using what you've learned

Topic A: The implementation phase

Topic B: Resources and reading suggestions