



# Motivational Leadership

Workshops for all employees and people in leadership roles

We can read about motivation strategies online through LinkedIn and TedTalks. But rarely do we have support to reflect on the current level of motivation within a team or organisation and evaluate the existing strategies used. This workshop provides the time and expertise to explore the psychological theories available to identify motivation tools that resonate with our circumstances. This workshop was developed to help leaders take steps to unlock the team's true potential. Additionally, the course recognises that whilst remote work has increased flexibility, it also poses relational challenges that we can support you to overcome.

Within the motivational leadership programme, there are four separate workshops:

## KEEPING YOURSELF MOTIVATED

Motivating others can be exhausting and take a toll on your own energy levels. We will identify your personal motivators and how to recognise when they need to be maximised. We will explore how to overcome the barriers to your motivational levels. The good news is that we are born with the drive to self-motivate, and self-motivational skills can be learned. We work together within this session to develop your toolkit for self-motivation.

## MOTIVATE YOUR TEAM

Creating and maintaining a motivational climate is essential when leading a successful team. Using psychological theories for motivation, we develop work-based strategies that can be implemented instantly in your team and shape your leadership style. We explore the use of intrinsic and extrinsic rewards and their impacts on the team. Finally, we explore individual differences, such as personality types, to support the formulation of motivation strategies specific to your team.

## HOW TO DEVELOP A MOTIVATED TEAM

Whether you're trying to put together a team for a particular project, are new to leadership, or need to revitalise the atmosphere in the team having the right motivation tools are essential. We explore how to set up a team to make a job or project motivational by integrating psychological theory into practice. We work to develop a tool kit of strategies that can motivate every member of your team and develop a culture of success.

## MOTIVATING TEAMS WHO WORK REMOTELY

During this session, we reflect on the issues arising from the hybrid workplace. Ultimately the goal is to energise and motivate teams at a distance, especially when they feel stressed and isolated. Within the session, we will explore leading virtual teams to understand what our team members need from us and develop a toolkit that will support our teams during these times.