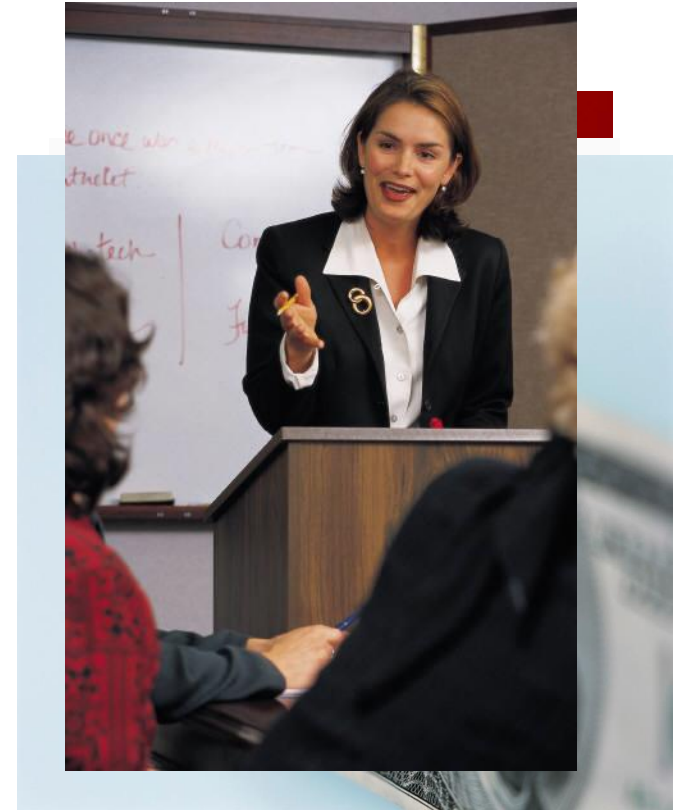


Motivating for High Performance

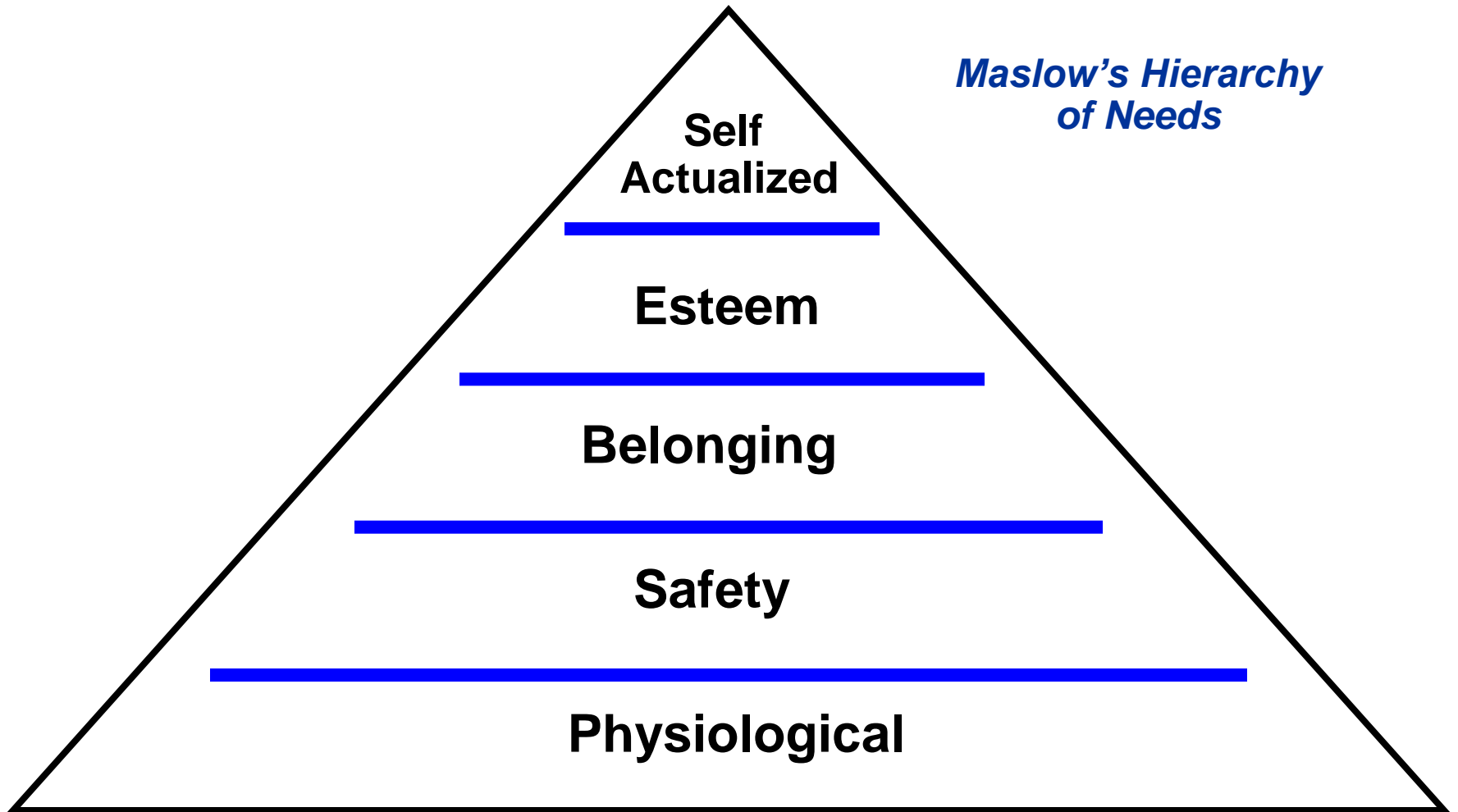
Creating a motivational environment

Truth or Myth

- I can personally motivate people
- Money is a good motivator
- Fear is a good motivator
- What motivates me motivates others

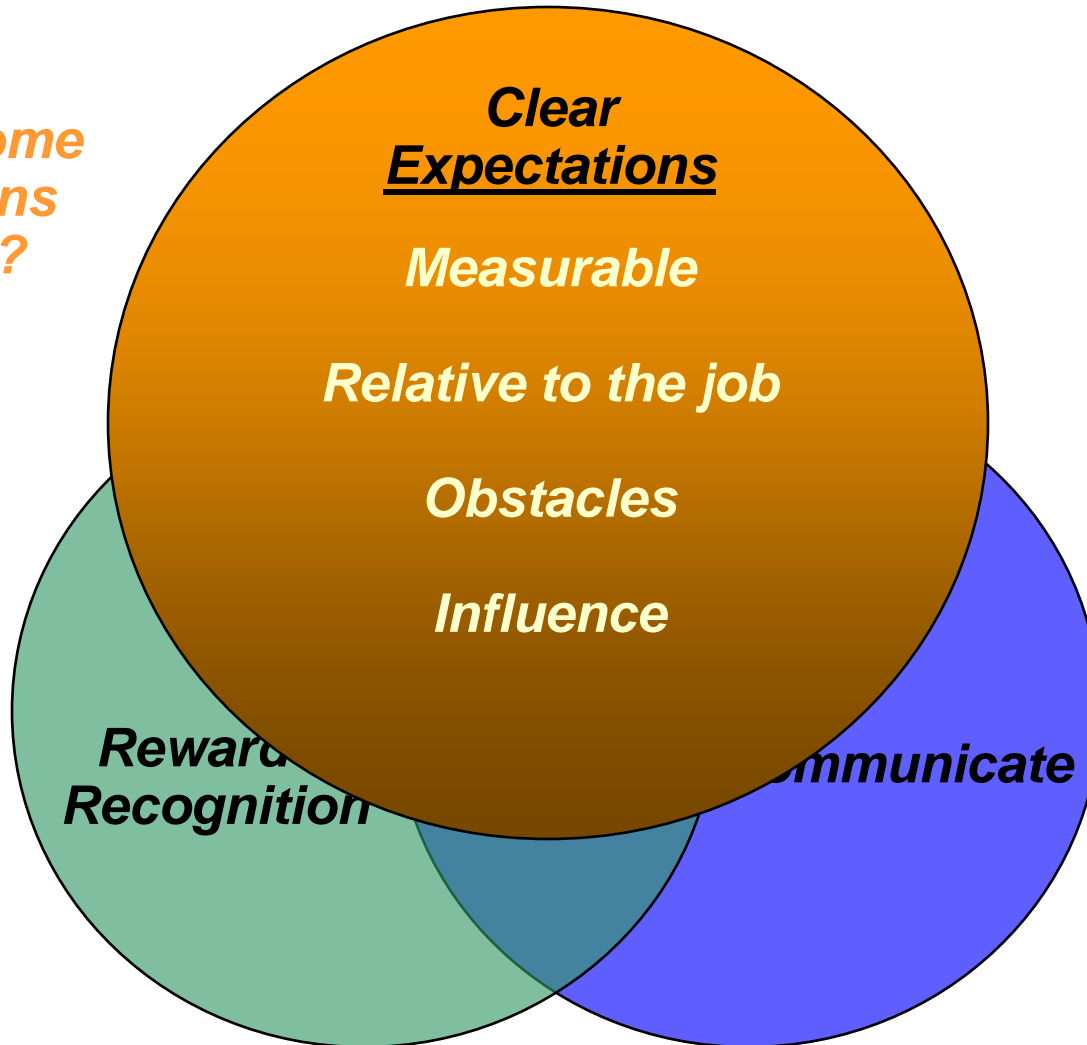


The Foundation of Motivation

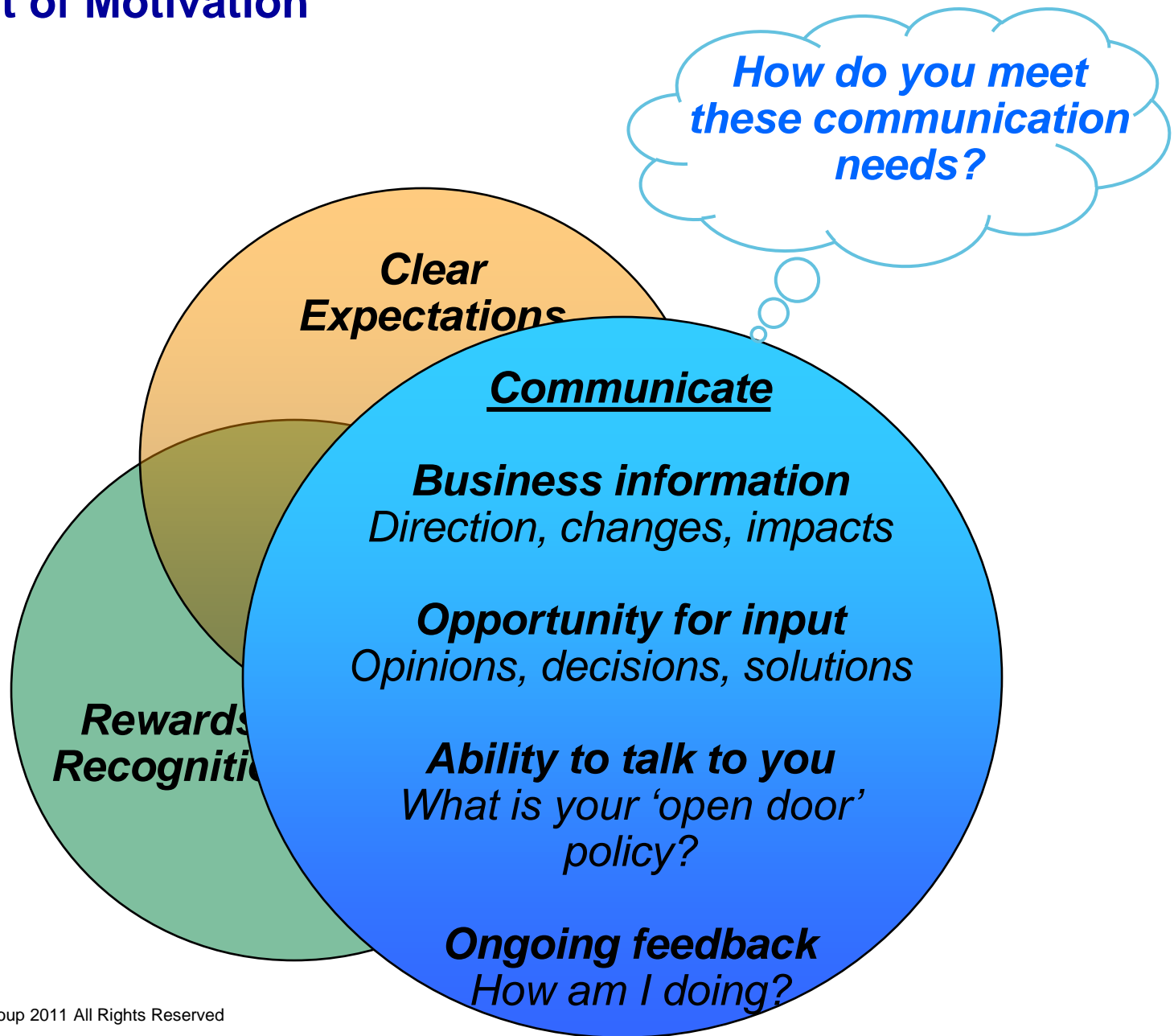


Environment of Motivation

What are some expectations you have?

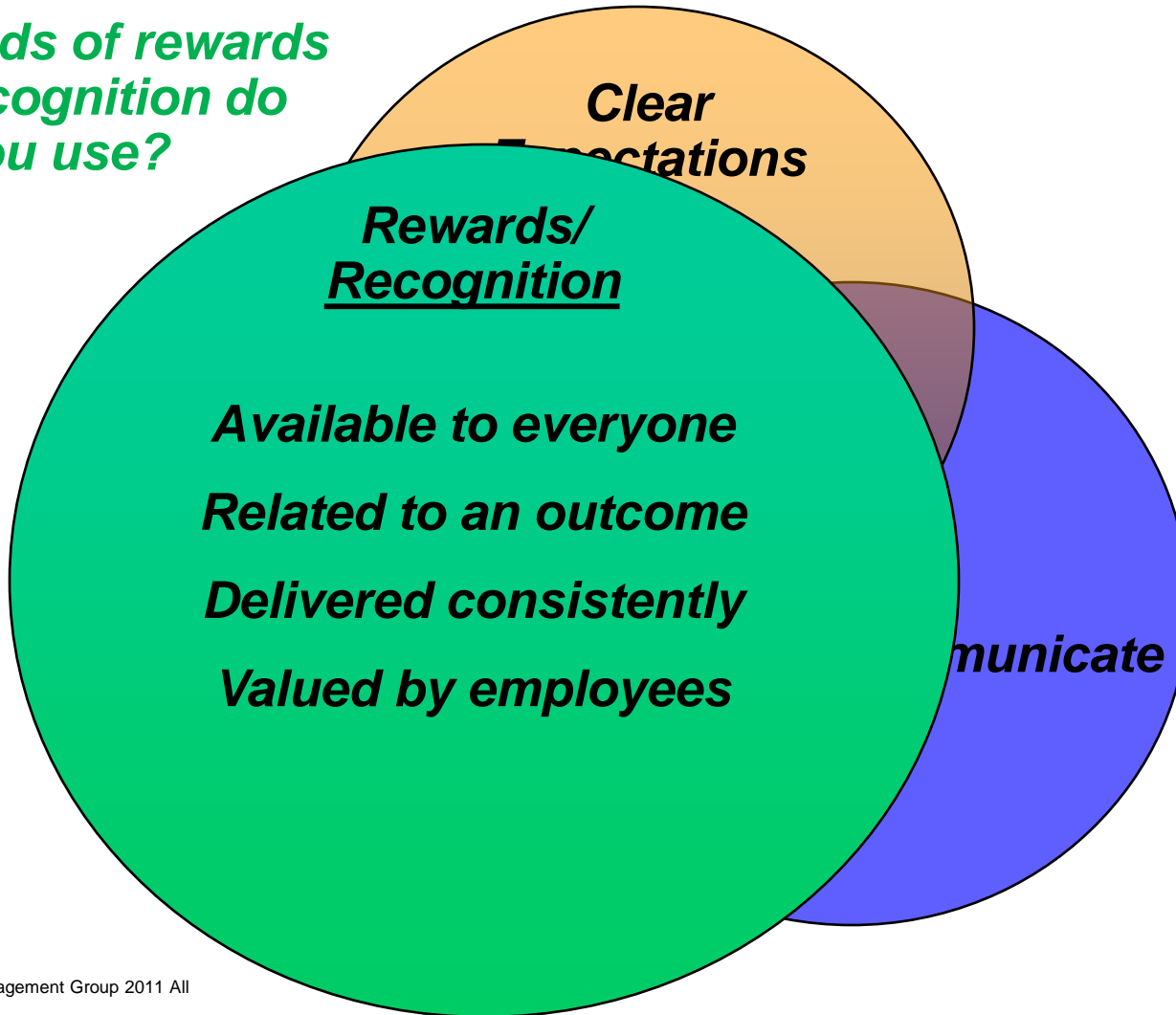


Environment of Motivation

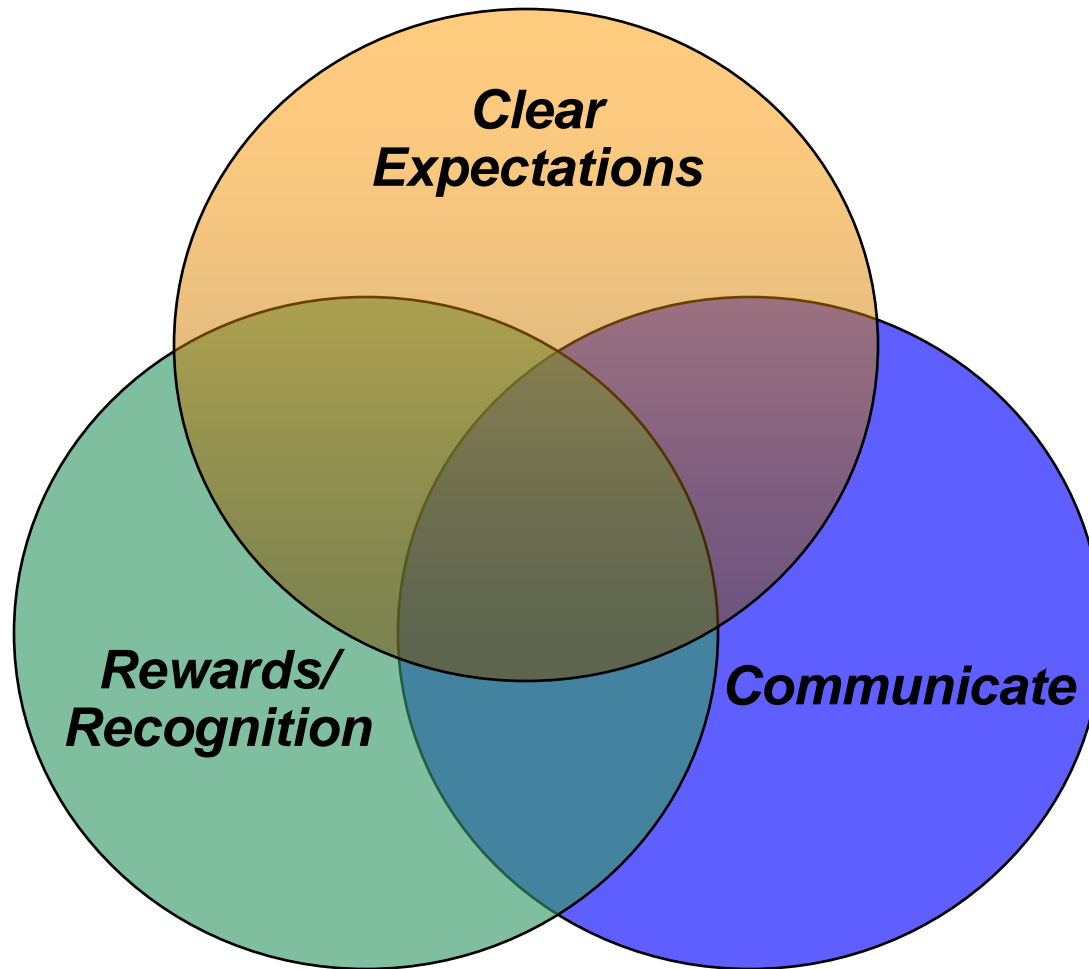


Environment of Motivation

What kinds of rewards and recognition do you use?



Environment of Motivation

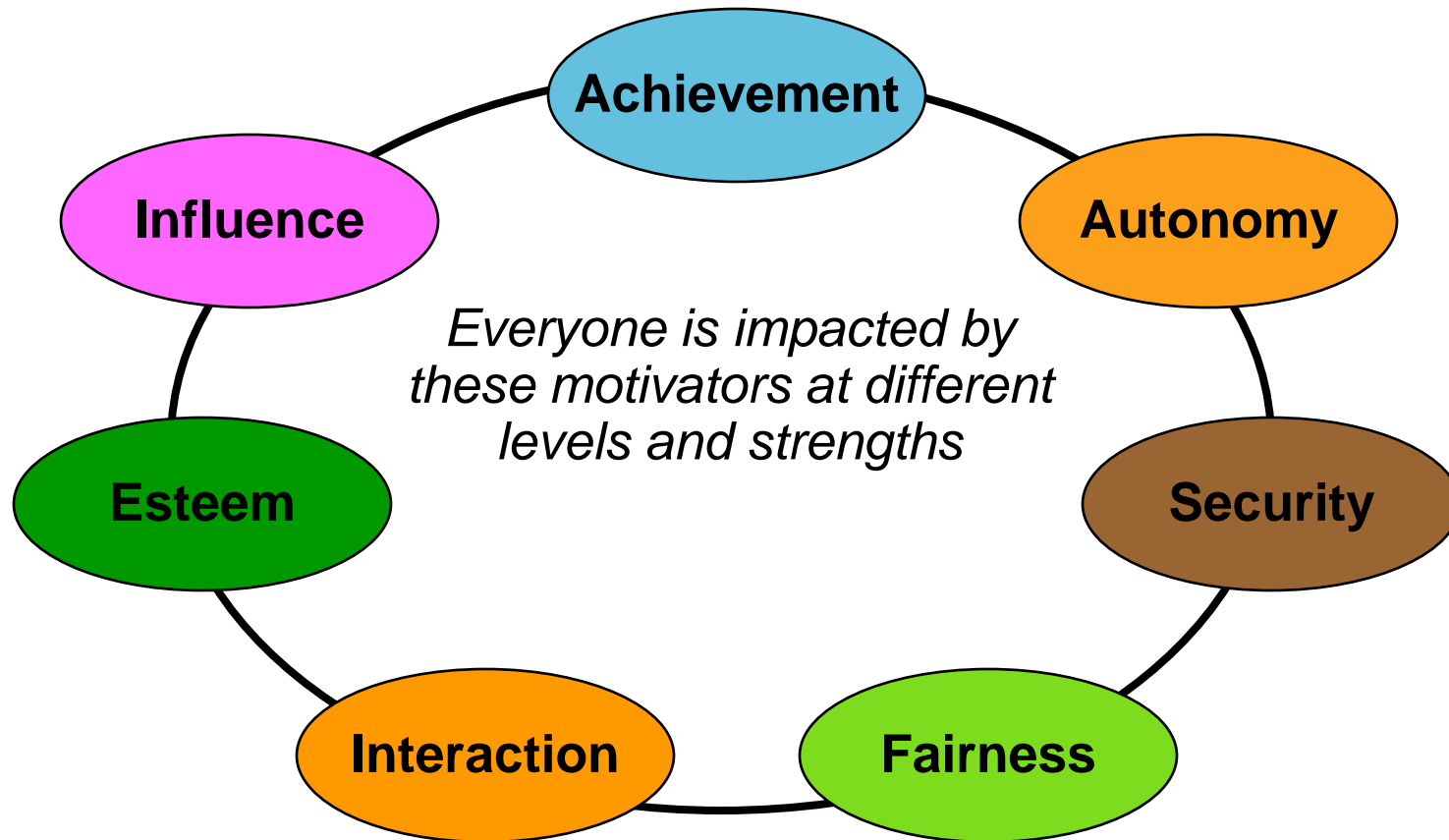


What Motivates You to:

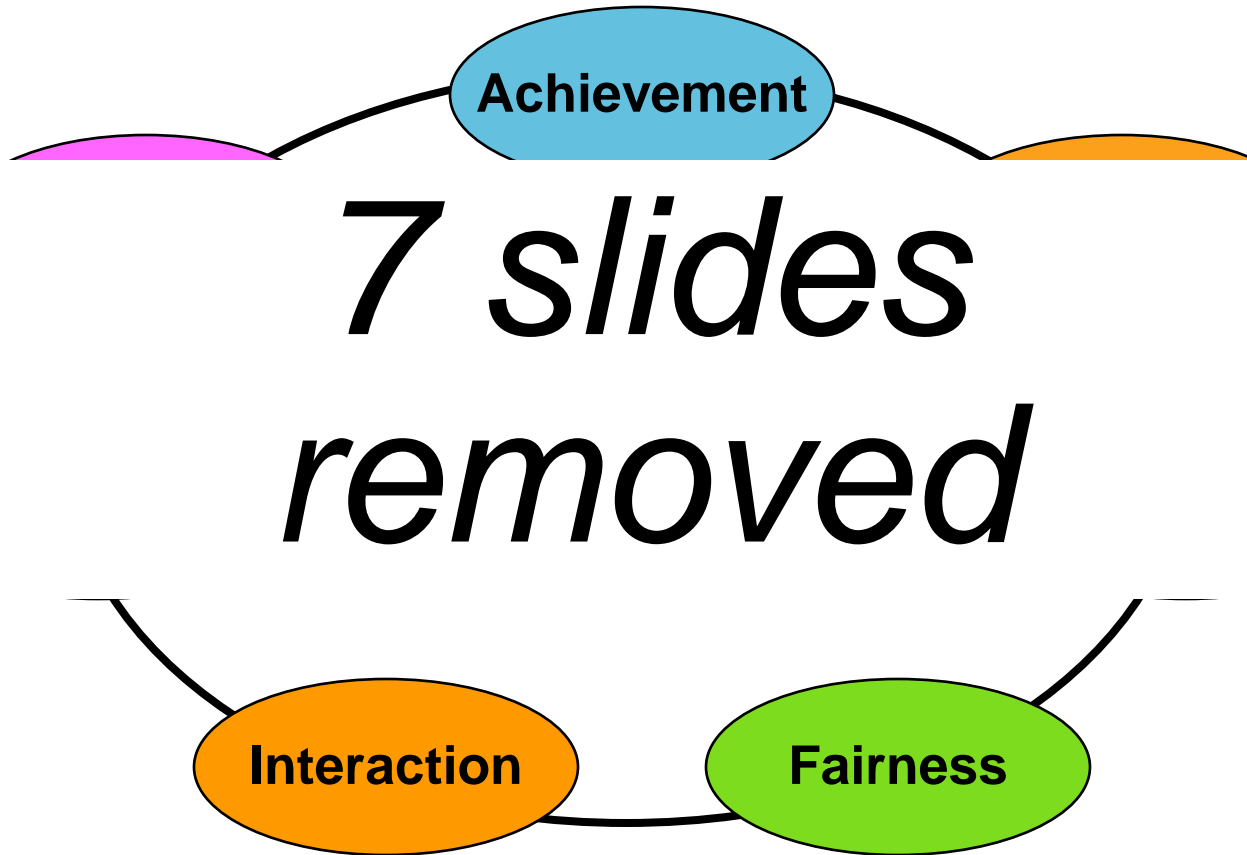
- Get up in the morning?
- Do chores around the house?
- Volunteer (at a school or charity)?
- Do a good job at work?
- Exercise?



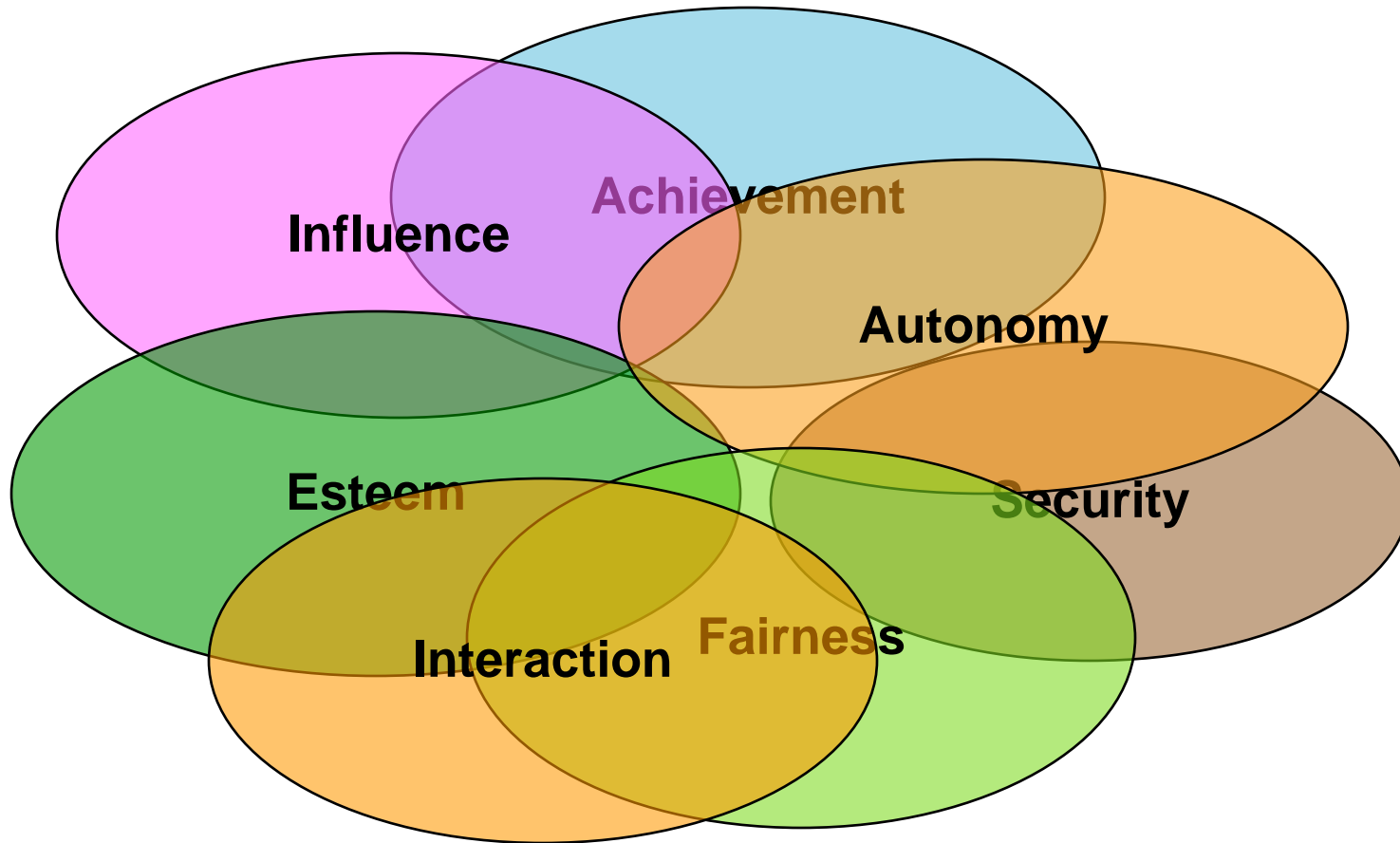
Seven Motivators



Seven Motivators



Seven Motivators



Exercise – Your Motivators

A spiral-bound notebook page with a vertical scale for ranking motivators. The scale is numbered 1 to 7, with 'Most motivating' at the top and 'Least motivating' at the bottom. The page is otherwise blank.

Most motivating

1

2

3

4

5

6

7

Least motivating

Keys to self motivation

- Know your key motivator(s)
- Find a support system
- Use humor
- Reward yourself
- Organize your workspace

Questions?

Thank You