

Staying Fired Up!

A Masterclass in Great Motivation

With so much overload, working with others in the office and trying to deliver excellent quality motivation can often be the thing that is left behind whilst you get on with the day job. However start motivation now and you will find motivation is infectious, affecting customer relationships as well as internal culture.

Motivation is even more important than ability in job performance. It is needed for staying power and getting through tough challenges. Although traditional levers of motivation, such as rewards are getting less and less, fortunately, motivation can be improved quickly through learning a few personal techniques.

This workshop will help delegates understand how they can take personal control of their motivation, and provide some practical tools for raising motivation swiftly. A key takeaway will be a daily routine that delegates can use to stay fired up during the working day.

Topics Covered

- **The business case for motivation**
- **Identifying moodshifters and gumption traps**
- **How to choose your response**
- **Creating the outlook you want**
- **A daily routine for a successful day**



Learning Outcomes

Delegates will gain

- **greater self awareness**
- **practical tools for managing their state of mind**
- **skills in visualising positive outcomes**
- **the ability to raise their energy and enthusiasm – fast!**

Jennifer Fitzgerald



Jennifer is an executive coach and trainer of interpersonal skills. She is an accredited trainer of NLP (neurolinguistic programming) and coach trainer with the International NLP Trainers Association. She has trained in accelerated learning and had preliminary training in cognitive behavioural therapy and other psychological disciplines.

Jennifer brings a high degree of business expertise to the programmes she runs. Her credentials come from a highly business focussed career with Schlumberger, Mastercard and Barclaycard. She has extensive international experience and speaks both French and German.

Jennifer runs training courses and coaching programmes at market leading companies, the programmes she runs are fast-paced, thought-provoking, interactive and fun!