Motivation and Goal Setting

We all know there's nothing as demoralising as setting yourself a goal and not achieving it. If you want to push yourself out of that rut, this course is a great way to get you thinking about the way you work and how to maximise your efficiency through realistic goal setting and motivational techniques.

The Motivation and Goal Setting short course uses proven methods to help you learn how to set yourself goals and learn how to manage motivation levels, both for yourself and team members.

The great thing about this course is that with it being online and available for you to study at times that suit you, you can fit this in around already hectic schedules whilst also taking what you learn through the course and refining your working methods as you go.

Designed for

If you're a business and looking to provide your Management team with some additional skills, this course is a great way to get them thinking about how to set goals for both themselves and their team. If you're working as a Team Leader, Supervisor, Manager etc. this course would be a good way to learn some new techniques to help inspire colleagues and yourself.

Prerequisites

As the course is delivered online, you will need a computer with broadband internet access.

Objectives

This course aims to provide proven goal-setting techniques to help improve working processes and increase confidence and motivation levels in your working life.

Course Content

Section A: Goal Setting, Introduction, Creating Your Identity, Values, Your Mission Statement, Goal Setting, Action Plan.

Section B: Motivation, Motivation, Fear of Failure, Performance Secrets, Self-Discipline, Change.

Section C: Motivating Others, Introduction, Your Needs, Praise, Employee Examples, Praise (cont.).

Benefits

- **Flexible, self-paced learning via the internet**
- **Learn where and when you want**
- **No software to install**
- **Hints and tips to help solve real work problems**
- **The opportunity to gain a prestigious Pitman Training Certificate**

Course duration: 2 hours

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Accredited CPD Course

Make sure this course is right for you - have a friendly chat with a Course Adviser, arrange to drop in to have a FREE taster or book a place...

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web: www.pitmanlondon.co.uk   email: courses@pitmanlondon.co.uk

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