

# WEBINAR: Staying Self-Motivated and Dedicated



## Overview

Self-motivation is a significant part in succeeding in any personal or workplace situation. It is essential to always perform at the best of abilities. In employment set-up, management has their share in providing motivational programs for the workplace, but it is also our responsibility to have that personal drive and program to succeed.

An individual's optimism and drive are what makes a person stand out. This is important to be able to achieve goals based on own strengths and abilities. That is one key to success.

## Objectives

- To create the energy and self-motivation when needed.
- To generate personal programming that will lead into the right direction and provide better results.
- To rely on personal strengths and abilities to achieve personal and workplace goals.

## Who Should Participate

- Professionals
- Anyone who wants to develop self-motivation

## Key Topics

I. Fundamentals: Definition, Components, and Importance to Self and Work

II. 2 Types of Motivation

- Extrinsic
- Intrinsic

III. Techniques to Self-Motivate

- Using SMART Goals to Sustain Self-Motivation
- Taking the Right Level of Risks
- Having a Support Group and Emotional Control
- Self-talk Strategies
- Envisioning Success

IV. Dedication at Work

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## Duration

- 3 hours

## Webinar Fee

- Php 1,750.00 per participant (inclusive of e-Handouts and e-Certificate) to be paid at least 3 banking days before the event

## Requirements

- Mobile phone, tablet, computer or laptop
- Download free ZOOM app
- Internet connection
- Good audio connection

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