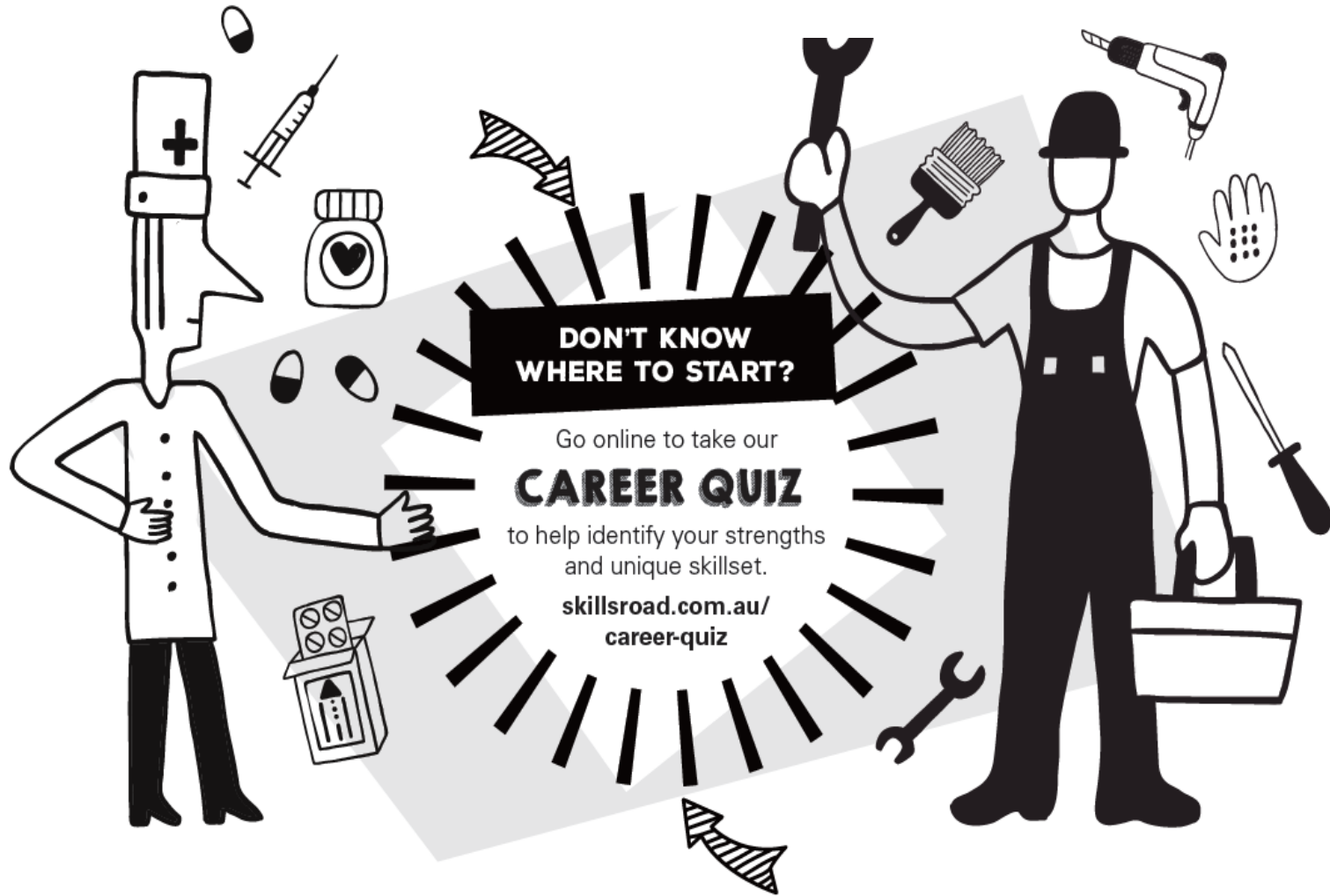




SKILLSROAD®

your career journey starts here

LET'S TALK ABOUT YOUR FUTURE CAREER!

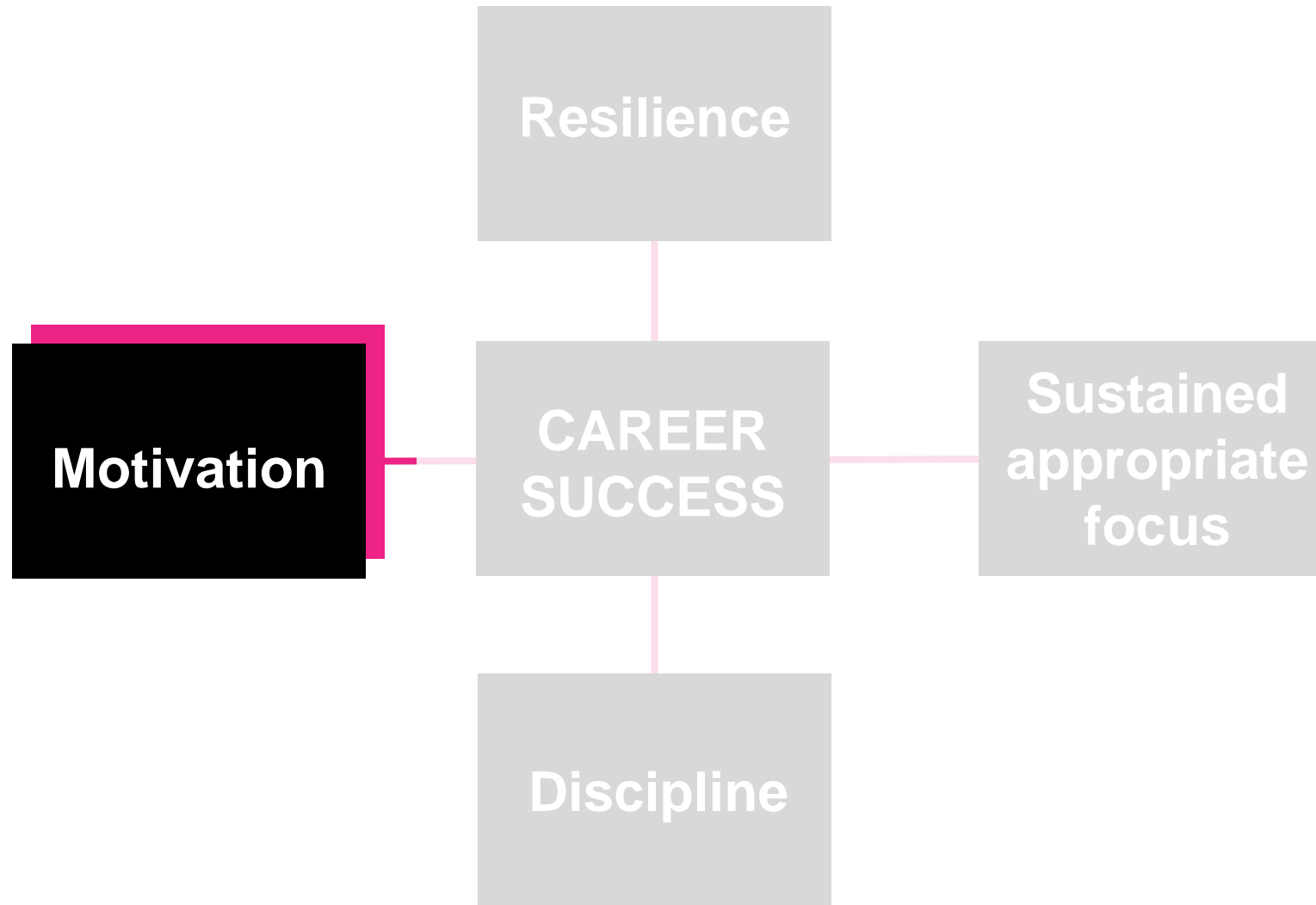


■ TODAY'S TOPIC: MOTIVATION

TODAY'S PLAN:

- Questionnaire – what motivates you?
- Sources of motivation
- Responding to failure
- How do you stay motivated?
- Tips & tricks for staying motivated

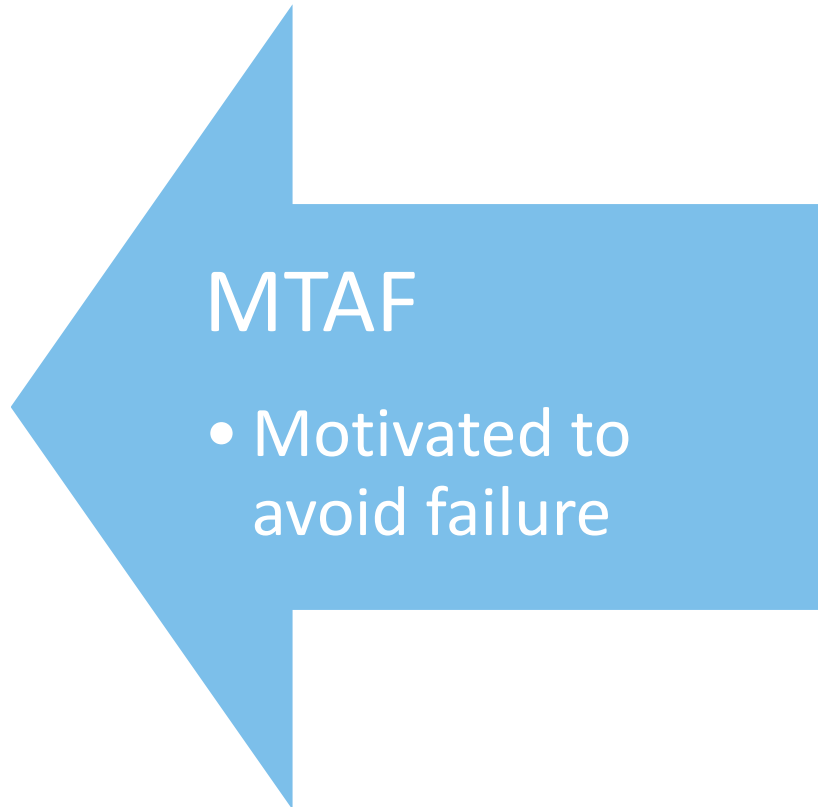




WHAT MOTIVATES YOU?



■ WHAT MOTIVATES YOU?



MOTIVATION TO AVOID FAILURE MINDSET

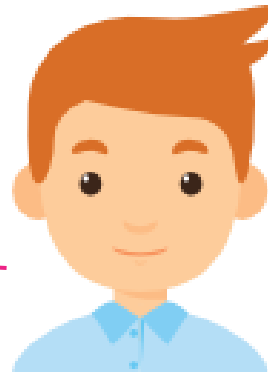
Characteristics

Achieve at any cost

Display superiority over others.

Strive for mediocrity; "I just don't want to be the worst"

Pre-empt the failure



Response to failure

Blame, Justify, Defend, Deny

Increase Cheating

Decrease effort and intensity

Avoid risk of future failure. Don't stand out from the crowd.

MOTIVATION TO SUCCEED MINDSET

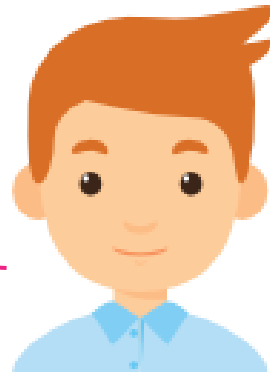
Characteristics

Strive for Personal Best

Task-focused

Planned process, ethical and moral

Driven to master skills, not simply to avoid losing or looking bad in front of others



Response to failure

Redirect and increase effort and intensity

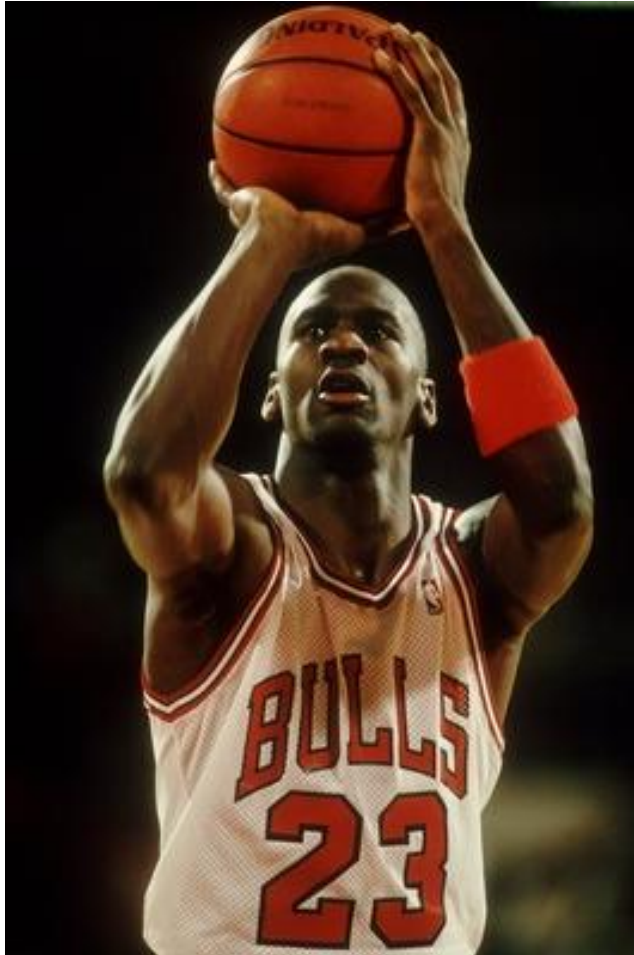
Increase focus

Ownership of error

Mindset shift: failure stepping stone to success



■ DON'T BE AFRAID TO FAIL



“I have missed more than 9000 shots in my career

I have lost almost 300 games

Twenty-six times I have been trusted
to take the game winning shot and missed

I have failed over and over and over again

And that is why I succeed”

- Michael Jordan



STAYING MOTIVATED

- Consider this picture and ask yourself how many times you catch yourself falling below the line.
- To remain motivated your challenge is to stay above the line, especially when the going gets tough.



■ YOUR TIPS & TRICKS FOR STAYING MOTIVATED

- What helps you stay motivated?
- Consider whether the tips and tricks others use to stay motivated might also work for you!



■ AND HERE'S A FEW MORE...

- Tell other about your goals
- Write your goals down where you'll see them
- Track your progress
- Be realistic
- Challenge your internal self talk
- Accept some sessions will be harder than others
- Ask others how you sabotage yourself
- Visualise yourself being successful
- Practice relaxing



SKILLSROAD[®]

your career journey starts here

