



## On Your Mark, Get Set, Motivate!

### Objectives:

By the end of this workshop, participants will be able to:

- Define motivation
- Discuss different motivational theories and apply those to a work situation
- Apply the three conditions of motivational management
- Identify new ideas to help motivate employees



## Summary

Motivation is an internal state that causes employees to behave as they do. On Your Mark, Get Set, Motivate! instructs participants in understanding motivational theories, the role of the manager in motivating employees, and the three conditions of motivational management: confidence, trust, and satisfaction.

The course includes new ideas for influencing motivation and the opportunity to discuss, as a group, personal motivation experience and examples.