



Self-Motivation

Description

The more self-determined and self-reliant you can be in your job, the more important it is to be self-motivated in your approach. In this e-training you will learn the basics of self-motivation. You will explore your motives and learn how to formulate clear goals. On this basis, we will introduce you to methods for motivating yourself effectively and maintaining your motivation in the long term. In addition, you will learn how to deal productively with obstacles. Numerous practical tips make it easier for you to apply the new knowledge in your everyday life.

Traget Audience

All employees who would like to work in a more concentrated and focused manner; employees in home office; employees who want to achieve their goals.

Learning Objectives

- Finding motivators
- Staying motivated long term
- Feeling satisfied at the end of the day
- Staying focused, even when work isn't particularly exciting