












<b>Course Title</b>	Motivate Me
<b>Who is it for?</b>	A defining learning experience for anyone who wants to expand personal development and their ability to find and take up opportunities to advance in life.
<b>What is it about?</b>	To advance in life personal positive action is needed. This course teaches how to use existing skills and new skills learnt on the course to become inspired and motivated into taking personal action to increase life. The course focuses on a certain way of thinking and acting that leads to success. It demonstrates awareness of personal reality and making realistic choices to create immediate positive action.
<b>Course Contents</b>	<p>The course is run over seven (7) sessions. All course content is adaptable to meet the specific needs of attendees at each course and tailored to meet precise organizational needs.</p> <p>Motivation &amp; Getting Inspired:</p> <ul style="list-style-type: none"> <li> What is Motivation – How it is affected by self-esteem</li> <li> Awareness of the ‘Here and Now’</li> <li> Learning about and using Planning &amp; Commitment</li> <li> How to ‘Move Things Forward’</li> <li> Making Effective Decisions</li> <li> Motivation fuel – How to fuel and refuel</li> <li> Enhanced focus on and knowledge of motivation</li> </ul> <p>Individual Personal Development:</p> <ul style="list-style-type: none"> <li> Understanding yourself – What makes you tick</li> <li> What do you want/need - How can you get it</li> <li> Gaining insight into personal Patterns, Beliefs and Rules – The value of honest Self praise</li> <li> Defining Personal Qualities and Strengths – Building and maintaining an effective positive attitude</li> </ul>
<b>What will you get from the course?</b>	<ul style="list-style-type: none"> <li>✓ Positive inspiration through realistic assessment of current achievement</li> <li>✓ Direction and tools to build higher self-esteem and self-confidence</li> <li>✓ Practical awareness of the power of personal choices</li> <li>✓ Achievement of a personal goal</li> <li>✓ 6-months individual email coaching support</li> <li>✓ Complimentary copy of <i>Open Mind: Be as happy as you want to be</i></li> <li>✓ Subscription to the Motivate Me Monthly Newsletter</li> </ul>