












Course Title	Motivate Me
Who is it for?	A defining learning experience for anyone who wants to expand personal development and achievement.
What is it about?	Nothing can hold you back more than your own self. When you motivate yourself it is powerful, leading you to achievement. This course teaches you how to use your existing skills and new skills to become motivated by personal action. The course encourages you to be aware of your reality and make realistic choices leading to immediate positive action.
Course Contents	<p>All course content is adapted to meet the specific needs of attendees at each course. The course can also be tailored to your precise organizational needs.</p> <p>Motivation & Getting Inspired:</p> <ul style="list-style-type: none">  What is Motivation – How it is affected by self-esteem  Awareness of the ‘Here and Now’  Learning about and using Planning & Commitment  How to ‘Move Things Forward’  Making Effective Decisions  Motivation fuel – How to fuel and refuel <p>Individual Personal Development:</p> <ul style="list-style-type: none">  Understanding yourself – What makes you tick  What do you want/need - How can you get it  Gaining insight into personal Patterns, Beliefs and Rules – The value of honest Self praise  Defining Personal Qualities and Strengths – Building and maintaining an effective positive attitude  Enhanced focus on and knowledge of motivation
What will you get from the course?	<ul style="list-style-type: none"> ✓ Positive inspiration through realistic assessment of current achievement ✓ Direction and tools to build higher self-esteem and self-confidence ✓ Practical awareness of the power of personal choices ✓ 3-months individual email coaching support ✓ Complimentary copy of <i>Open Mind: Be as happy as you want to be</i> ✓ Subscription to the Motivate Me Monthly Newsletter