

THE MAN ON THE MOUNTAIN (MOTIVATION WORKSHOP)

DURATION: 2 DAYS

TIME SCHEDULE

Time: 9:00am to 5:00pm

Lunch Break: 1:00pm to 2:00pm



INTRODUCTION

Being the best in what you do is important to all of us. However, the journey to get there is often filled with challenges that could derail us. We must be steady in our conquest to reach the top and be the superstar that we were born to be!

In this short talk or chat session, the audience will revisit the emotions that drives us to the top and get addicted to the feel factor of wanting to stay there.

BENEFITS

Upon completion of this program, participants will be able to:

- Understand what motivates oneself and how to use it.
- Discover your latent abilities and how to push the boundaries.
- Foster a sense of belonging to the company.
- Focus on the task at hand and keep the end in mind.
- Change and try new things to make things happen.

KEY CONTENT

MODULE 1 - KNOW YOURSELF

- The Six Human Needs
- The Patterns We Choose

- The Life Cycle

MODULE 2 - THE VALUES WE HAVE IN LIFE

- Values of My Life
- Knowing the End In Mind
- Value Linking

MODULE 3 - THE “GUNG HO” APPROACH

- The way of the squirrel
- The moment of impact
- Legacy is the best motivator

MODULE 4 - MAKING THAT LEAP

- The FROG concept of Motivation
- NLP goal setting
- The next level

AUDIENCE

This course is suitable for all the Executives, Managers and Supervisors & above.

METHODOLOGY

This stimulating program will maximize the understanding and learning through

- Sharing
- Video Presentation
- Group discussion
- Case studies
- Practical activities
- Role play