

# Self-Motivation (SLF)

## Discovering the Power of Motivation

Most organizations are breeding grounds for peak performers. However, many people in those organizations are either not aware that they have the potential or they are afraid to take on the challenge to discover their full potential.

This training workshop will explore on developing motivation as an integral part of one's career success. The attitude of winning will also play a central role in this learning session.

**Objectives:** This seminar is designed to:

1. Present the contrasting perspectives between being average performer versus a winning performer
2. Explain the guidelines, tools and principles as well as the required commitments of becoming and staying motivated at work and in life.
3. Discuss and analyze situations critical in developing a winner's attitude.

### Agenda:

- Gearing Up For Winning
  - The Three Important Questions
  - What Matters Most
  - Visionary Thinking (Plan & Goals)
  - Future Perfect – Taking the Positive and Long View of Things
- Winning In Action
  - Creating and Generating Options
    - The Power of Choice
  - Failures – Turning Them Around
    - The Power of Perspectives
    - Solving Problems Along the Way
    - Adjusting Your Plans in Mid-flight
- Believing In Your Abilities
- The “I Can” Attitude
- Focusing on doing the Best
- Building Stamina
- Building Endurance and Perseverance
- Setting Up New Wins
  - Embracing New Challenges
    - Expanding Horizons
    - Thinking Out of the Box
    - Change: The Foundation of Progress
- Reinforcing Winning
  - The PEBER Principle
  - The Power of Faith

**Who should attend:** Professionals, supervisors and staff in Sales & Marketing, Planning, Engineering & Maintenance, Production, and other functions

**Seminar Fee:** P4,950 + P594 VAT

**Facilitator:** Elisier M. Fantillo

**Number of days:** 1

**Seminar Dates:** Jul 27'19, Sep 28'19, Dec 16'19