



With Sharon McLaughlin
www.sharonmcl.com

Motivation is a inside job

Ideas to activate yourself and
others

What Motivates you?

- Find a person's passion and you will find a key to motivation.
- Personal growth and purpose are key factors.
- Self-confidence, self-esteem are all keys that can have an influence on your motivation.



“The essence of self-esteem is compassion for yourself. When you have compassion for yourself, you understand and accept yourself. If you make a mistake, you forgive yourself. You have reasonable expectations of yourself. You set attainable goals. You tend to see yourself as basically good.”

Source – Self-Esteem 3rd Edition, by McKay and Fanning.





How can you assist others?

- Create an environment for motivation. Expect the best.
- Walk the talk, be a role model
- All motivation is an inside job, the outside is only a factor that affects the inside.

Look & Listen

- Everyone has potential. Recognize and praise.
- Look for that potential, what are their interests.
- Really listen to them, what are their likes and dislikes.
- Generally people will be motivated towards their likes, and move away from their dislikes.



Acknowledge

- Appreciate uniqueness, and inspire others to be what they can be.
- Stretch comfort zones, only to a safe and manageable level.
- Showcase success – give recognition





You now have some keys



- Reflect – what are the keys you can use?



Thank you



- Trust this brief presentation was helpful to inspire you and others.

- The End

