

# **MOTIVATION: Identifying, Planning & Implementing**

**DAYS OF TRAINING:** 1

**PREREQUISITES:** None

## **BASICS OF MOTIVATION**

Overview of motivation

Overview of the motivation process

## **POSITIVE MENTAL ATTITUDE**

Self-confidence

Overcoming your fears

Perception and reality

## **THE CORE FOUR**

Health

Competence

Relationships

Organization

## **THE MOTIVATION PROCESS**

Identify and plan

Implement and evaluate

## **USING WHAT YOU'VE LEARNED**

The implementation phase

Resources and reading suggestions

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