

Motivation & Change

Awareness to Action

Presented by Bob Czimbal

The profitability of a company depends on the ability of its employees to perform at their highest levels. Motivation involves a combination of fostering inner drive and creating a supportive work environment which inspires employees to grow. In order for employees to convert awareness to action, behavior change programs need to be fun, social and rewarding.

We will be using the mutual mentor model to assist employees to adapt the principles of motivation to their unique needs and worksites. The goals of this Skills for Success Seminar is to increase professional competency, productivity and safety. Bringing out the best in ourselves and our coworkers is the focus.

The Motivation and Change training combines well with the Energy Management and Health and Safety seminars.

Sample Topics:

- Removing Barriers to Success
- The Benefits of Change
- Challenge and Change
- Respect for Rates of Change
- Changing Attitudes and Behaviors
- Raising Levels of Commitment
- Strategies for Change
- Becoming a Self-Starter
- The Power of a Positive Attitude
- Building on Successes
- Models of Motivation
- Creating the Teachable Moment
- Checking Levels of Motivation
- Myths of Motivation
- Enhancing Self-Esteem
- Strengthening the Will to Live
- Rallying Energy
- The Power of Team Spirit
- Customizing Incentives
- The Factors that Influence Beliefs and Attitudes
- Monitoring Progress
- Lowering Resistance
- Raising Receptivity
- Inspirational Leadership
- Sources of Motivation
- Developing Individual Action Plans

Handout:

Levels of Motivation

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