



THE STRESS MASTER

WWW.THESTRESSMASTER.COM

Achievement Motivation Skills Coaching Programme

MAXIMISE YOUR MOTIVATION

A busy motivation training workshop designed specifically to help managers and supervisors understand what employees want, and provides them with a starting point for creating champions.

DEVELOPING
YOUR
ORGANISATION
WORKSHOP SERIES

Overview

It's no secret. Employees who feel they are valued and recognised for the work they do are more motivated, responsible, and productive!

In business as in life, talent can only take an individual so far. Many people with less talent often achieve more because they are more motivated. Nonetheless, motivated people seem to be the ones who are enjoying their journey.

They have a positive outlook, they're excited about what they do, and they know they're putting effort into something that's really worthwhile. To be successful is to be highly motivated and to be highly motivated means success is manifest.

This is a busy motivation individual or group coaching experience specifically to help managers and supervisors understand what employees want, and provides them with a starting point for creating champions.

It will help supervisors and managers create a more dynamic, loyal, and energised workplace.

Packed full of tips and techniques this coaching programme aims to provide a real set of actions that learners can take back to the workplace.

The roadmap to becoming motivated comprises of three pathways. You're either...

Goal Motivated

Learning Motivated

Relationship Motivated

This 6-hours coaching opportunity is designed to bring these elements together in one total package to assist in positioning executives to achieve sustainable motivation.

Objectives

The programme includes:

- Goal Orientation Assessment
- Learning Type Survey
- Trait Assessment Profile
- Motivational theories
- How fear and desire, motivate us
- Setting goals
- A motivational checklist

Participants will learn the skills necessary to maximise their motivation related to stress management and personal development in the workplace by being able to:

- List three factors that influence motivation.
- Understand a mental skill applicable in motivation.
- Explore ways to create a motivational climate.
- Apply effective methods of motivation.
- Develop plans for more effective team motivation.
- Set clear & defined goals as part of the motivation process.
- Identify challenges of workplace motivation & learn how to address them.
- Understand how people can be motivated.
- Position motivation as an opportunity to meet strategic goals.
- Create a link between motivation and goal achievement.
- Learn common motivational theories and how to apply them.
- Discover how fear and desire affect employee motivation.

As a result of this coaching programme, participants will be able to:

- **INCREASE EMPLOYEE ENGAGEMENT** - Day-to-day optimal motivation is the fuel that increases employee engagement and employee work passion.
- **ENHANCE WELL-BEING** - By facilitating optimal motivation conversations, managers improve their team members' positive energy, vitality, and overall well-being.
- **INCREASE PRODUCTIVITY & RETENTION** - Optimally motivated employees are more productive, achieve higher-quality results, and are more likely to remain working at the company.



Ches Moulton, The Stress Master, is the UK's leading authority on stress management.

He is the author of *'How to get control of your stress instead of stress controlling you'*, and the international best-seller *'Choice and Change - How to have a healthy relationship with ourself and others'*. He is also a contributor to *'Fit For Leadership #3'*.

His career has spanned more than 25 years, during which time he has been a much sought-after executive coach, psychotherapist, and trainer. His most recent work has focused on helping those with elevated levels of stress overcome their problems and enjoy productive lives, free from both the physical and mental consequences of chronic stress.

During his time as a business performance consultant, Ches has served as an advisor to both private businesses and government in Canada, the Caribbean, United Kingdom, Africa and the Middle East.

Ches Moulton is the consummate executive coach and psychologist, self-motivated, reliable and loyal. He is an effective communicator with a high degree of inter-personal and relationship building skills. His ambition and enthusiasm has made an enormous contribution to our organisation.

Paul Whitnell
President
British and Irish Trading Alliance

If you need direction, focus, help with sorting out the spaghetti in your head, I couldn't recommend anyone more highly. Over a number of sessions, Ches helped me identify the roadblocks in my business in terms of the ways I was thinking about both problems and solutions, inspiring me to think outside the box and challenging my excuses.

Ches has a unique tool box of strategies and skills that I have taken on board to rethink what is possible in my business and set goals to drive the business forward. Life changing!

Sarah Parkes
TEDx Speaker, Coach

Ches is one person who has made a big difference to my outlook on life and my effectiveness in business. I have sought help from other advisors but Ches was the first person who was able to help me change my behaviour.

He is a great coach, mentor and communicator. His non-judgemental and positive approach has transformed my attitude towards goal setting and life.

John Legg
Director
TheDeBugStore.com

