

# ENGAGEMENT AND MOTIVATION

1 DAY PROGRAM

## OVERVIEW

The leader's task of keeping teams engaged and motivated is a bigger challenge during times of uncertainty and rapid change.

Self Determination Theory (SDT) offers research-backed and practical ways for leaders to create an environment that supports, motivates, and inspires others to do their best, especially in difficult circumstances.

This session helps leaders with strategies to improve relationships and communication, clarify work expectations, and provide team members with opportunities to learn and grow.


## OBJECTIVES

- Understand the research supporting SDT and its positive impact on engagement and motivation
- Assess your skills in building relationships, and supporting others' autonomy and competency
- Explore ways to increase your effectiveness as a leader
- Relate SDT to other research in the fields of engagement and motivation
- Plan interventions to improve team members' wellbeing and performance

## TO BOOK THIS PROGRAM OR DESIGN YOUR OWN...

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