

# Motivation skills

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## ■ Introduction (1)

- This presentation is designed to introduce the concept of personal development and to enable you establish a personal development plan.
- It provides a pathway to the development and reinforcement of personal empowerment through strengthening self-awareness, supporting goal setting and thus bolstering self-confidence.

## ■ Introduction (2)

- Read them carefully
- Choose the most important elements in your opinion
- Write them down on your sheet of paper

## ■ Self - Awareness - Who am I?

- Nowadays we need to make choices, gather relevant information and communicate the outcomes of our work.
- However, it is essential to begin by establishing a clear understanding of one's strengths and weaknesses because such an understanding allows us to build upon our strengths and push our limits.

# The notion of self - awareness is ■ about:

- Grasping an understanding about how you feel and why you behave in a certain way. It is not possible to adapt to new conditions, new environments and diverse challenges - empower yourself, without realizing the concept of self - awareness.
- Furthermore, self - awareness acts as the initial step of goal setting, since it is about being mindful of the skills you still need to master.

# A Challenge: Describe yourself

- Think about describing yourself to someone else concentrating on your strengths and weaknesses.
- Was that a meaningful - successful process?
- Reflecting on your thoughts leads to their interpretation. When you can manage to alter the interpretation of your thoughts you can alter your stances and open new possibilities for your life and your career.

## ■ Setting S.M.A.R.T. Goals (1)

SMART is a convenient acronym for the set of criteria that a goal must have in order for it to be realized by the goal achiever.

- SPECIFIC: In order for you to achieve a goal, you must be precise about your vision. Form a list of the expected benefits to be stimulated and move forward.

## ■ Setting S.M.A.R.T. Goals (2)

- MEASURABLE: It is vital to "measure" your progress throughout the whole process, therefore your evaluation process needs to be unbiased.
- ACHIEVABLE: As mentioned previously, a goal that is stimulating but realistic leaves room for accomplishment.



## ■ Setting S.M.A.R.T. Goals (3)

- RELEVANT: Identifying the expectations and values that buttress your career choices and purpose is what shapes your goals and ultimately brings you joy.
- TIMED: Time is money and without specific deadlines for your goals, you lack purpose and motivation.



# THANKS!

Any questions?

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