



Resilience through Motivation Training

A one day, 5 star rated course from the
training experts



A Masterclass in Resilience through Motivation

Resilience is the ability to bounce back when adversity or hardship hits.

With a high level of resilience you are able to feel stronger, more able to cope with difficult situations and to move forward.

Resilient people are flexible, energetic and motivated. In capturing that motivation can we help to build our resilience?

This one-day interactive training course will look at the way we handle stress at work and in our personal lives and its direct impact on our future success.

What you will gain:

- ✓ A better understanding of your own motivations
- ✓ A toolkit to help you deal with setbacks

Who should attend?

- Managers within high risk environments looking to support their teams
- Proactive teams looking to perform highly in a constructive and supportive environment
- Individuals who are seeking techniques to fall back on when they are lacking in motivation or looking to bounce back from a setback.

Our interactive practical courses and learner centred approach, combined with small class sizes, provides the very best learning environment

Prices & Venues:

Manchester: £295+vat

Leeds: £295+vat

For courses in Liverpool and Birmingham please contact us.

Private & One to One courses

We offer private and one-to-one courses throughout the UK. Please email or call us with your preferred venue, number of delegates and any requests.

Very helpful and insightful. It was good that the course was limited to a small number of people as it made it more personal and interactive.

Darren Watkins | ACC Liverpool Group

Google

5.0 ★★★★★

No more than 6 Delegates

5 Star Rated courses

Practice led learning

3 months online support

Lunch & refreshments provided

mtraining

Resilience through Motivation Skills Training



Course Objectives

- Understand the implications of being resilient and motivated in your personal & professional life
- Identify your own motivators and resilience techniques
- Explore tools and techniques to help you to overcome difficult situations
- Become better equipped to draw on your internal motivators in times of need

Course Topics

- Defining Resilience and Motivation
- What motivates you?
- What motivates us all?
- Understanding our abilities
- Considering the Future
- Taking Action
- When things go wrong

I really enjoyed the course and feel it has given me practical tools & strategies which I had the chance to use [on the course], and can now put into practise in the workplace.

Shea Taylor | Science & Industry Museum

How to book

To reserve your place on our Resilience through Motivation Skills Training Course, simply pick your preferred date and location, and send us an email or give us a ring.

Or if you prefer, we offer private and In House training on request.

Email: info@mtraining.co.uk

Call: 0161 226 6032

Or visit: www.mtraining.co.uk

We offer group booking discounts for two or more delegates.

