

# Optimal Motivation

ACHIEVE THROUGH PEOPLE

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## WHO SHOULD ATTEND:

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- HR professionals
- Team leaders
- Project leads

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## LEARNING OUTCOME:

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Attendees will learn how to create the adequate environment, shift their people's mindset and drive their motivation to increase engagement, productivity and optimize organizational results.

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## TRAINING OUTLINE:

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- Theories of motivation
- Motivation cube
- Shifting to positive mindset
- Work culture
- Physical environment and atmosphere
- Strategies to reduce stress and anger
- Employee engagement and satisfaction

Attendees  
**12 - 14**

Duration  
**1 day**