

**Motivating Self and Others  
Leader Guide/Facilitation Notes**

**Summary of Half-Day (Three Hour) Seminar Time Schedule**

<b>15 Minutes</b>	<b>Motivating Self and Others</b> Introduction of Participants	Flipchart/Workbook Page
<b>15 Minutes</b>	Introduction: <u>Motivating Self and Others</u>	
<b>20 Minutes</b>	Motivational Assessment	pps 2-3
<b>20 Minutes</b>	Beliefs: A Powerful Influence	pps 4-6
<b>20 Minutes</b>	Behavior and Motivation	pps 7-8
<b>90 Minutes</b>	<b>Break</b>	
<b>20 Minutes</b>	Goals and Goal Setting	pps 9-10
<b>10 Minutes</b>	Circle of Motivation	p 11
<b>20 Minutes</b>	Motivating Self and Others	p 12
<b>30 Minutes</b>	Application of Key Actions Planning Worksheet	pps 13-14
	Guidelines for Motivating Others	p 15
<b>10 Minutes</b>	<b>Completion of Evaluations</b>	p 16
<b>90 Minutes</b>		
<b>180 Total Minutes</b>		