

# Mastering Motivation™

Learning experiences and tools for people leaders and individuals

## What do these outcomes have in common?

- Engagement and work passion
- Adjusting to new working conditions
- Achieving goals
- Sustaining high performance
- Adapting to change
- Creativity and innovation
- Sensitivity to DE&I
- Resilience

## Motivation

Motivation is at the heart of everything people do — and don't do. But not all motivation is created equal.

People need optimal motivation and vitality to embrace change, achieve results, and sustain high performance.

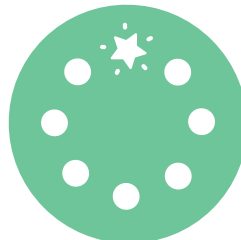


## Take advantage of groundbreaking motivation science

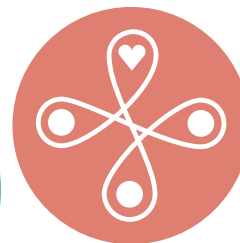
Our Mastering Motivation learning experiences provide the alternative to ineffective carrots and sticks, personality-based "motivation," and obsolete command-and-control approaches to leadership.

Based on breakthrough science, leaders at all levels learn how to generate optimal motivation by creating choice, connection, and competence.

## CONNECTION



CHOICE



COMPETENCE



**INTRINSIC**  
FIRST

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# Mastering Your MOTIVATION™

Learning experiences  
for *individuals*

## Designed for individuals who need to:

- Achieve important goals
- Start a good habit, end a bad habit, change a behavior
- Manage their energy to overcome disillusionment, generate vitality, experience wellbeing, and sustain high-performance

## DELIVERY OPTIONS

*Mastering Your Motivation* can be delivered face-to-face, virtually, online, or as a combination of learning modalities:

- Facilitated one-day virtual or in-person course
- Asynchronous online (Spark) 3-hour experience
- Custom-designed online collaborative learning journey with team members
- Executive briefings and keynotes

The key to employee engagement is day-to-day motivation and an evolutionary idea: **motivation is a skill.**

People can experience optimal motivation anytime and anywhere.



### OPTIMAL MOTIVATION

fuels work passion – the upper end of employee engagement.



### SUBOPTIMAL MOTIVATION

fuels employee disengagement

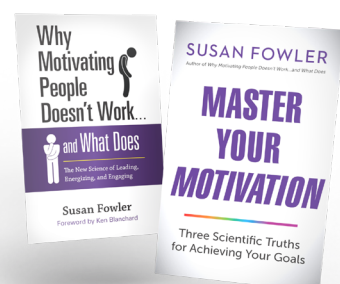
## Ready to get started?

Contact us today to learn more about how *Mastering Your Motivation* can help your employees achieve their goals and flourish with optimal motivation.

[Info@IntrinsicFirst.com](mailto:Info@IntrinsicFirst.com)

Ask about our free white papers and access to peer-reviewed academic journal articles.

Discover the bestselling books on motivation that complement our programs, translated into over a dozen languages.



## Mastering MOTIVATION with OTHERS™

Learning experiences  
for **people leaders**

**Note to leaders: Stop trying to motivate people! It's frustrating for everyone involved and it simply doesn't work.**

Leaders cannot motivate anyone. But they can create optimally motivating environments. Unfortunately, leaders are hamstrung with obsolete, unproven, and ineffective methods of motivation because they don't understand the alternatives or have the necessary skills.

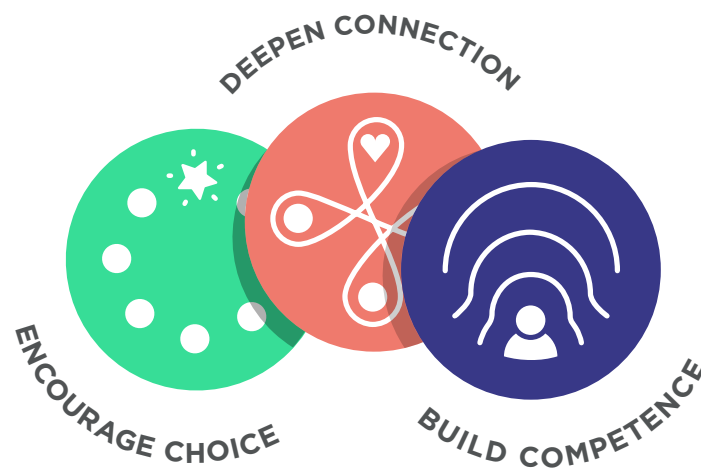


### What works?

Our *Mastering Motivation With Others* learning experiences and tools take advantage of groundbreaking motivation science to unleash people's positive and sustainable energy.

Leaders learn three robust competencies proven essential for people to:

- Achieve goals
- Transform habits or behavior
- Generate the vitality required for creativity, resilience, and embracing change.



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## Workshops and tools designed for leaders who:

- Face a hybrid workforce, increased sensitivity to DE&I issues, and accountability for getting results from team members during radical change.
- Need alternatives to techniques that erode optimal motivation, employee engagement, and work passion.
- Are ready to help their team members exceed expectations, sustain high performance, and flourish.

## DELIVERY OPTIONS

*Mastering Motivation With Others* learning experiences are flexible for face-to-face, virtual, online, or a combination of learning modalities.

- Facilitated virtual or in-person course — 1 day to 1½ days
- Motivation Conversations virtual or in-person advanced application course — ½ day
- Motivation Conversation coaching package— three 45-minute virtual sessions
- Custom-designed online collaborative learning journey with team members
- Executive briefings and keynotes.

## Globally-tested, empirically-based, cutting-edge model of motivation

Leaders learn how to support people's psychological needs and promote optimal motivation.

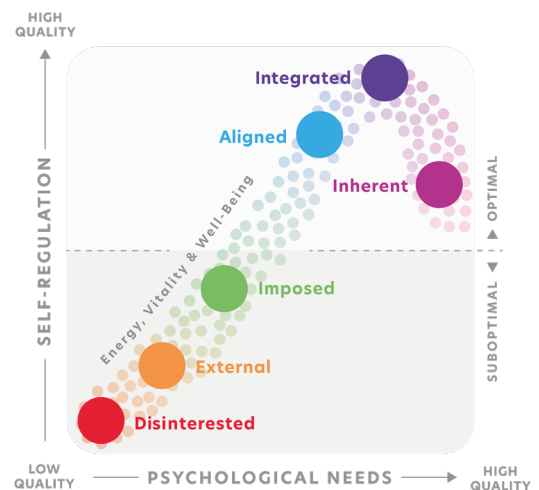
### Ready to get started?

Contact us today to learn more about how we can help your leaders create a workplace where team members achieve their goals and flourish with optimal motivation.

[Info@IntrinsicFirst.com](mailto:Info@IntrinsicFirst.com)

Ask about our free white papers and access to peer-reviewed academic journal articles.

### Spectrum of Motivation™



Discover the bestselling books on motivation that complement our programs, translated into over a dozen languages.

