

Maximizing motivation and personal productivity

Aim

Putting the most in and getting the most out of professional life

What's it all about?

Time management courses are seldom successful over the long-term. That's because they don't tackle the fundamental issue which is what motivates you and what maintains that motivation over the longer-term. This workshop focuses on what makes you want to go the extra mile and organize yourself to do that. Because this is where spending your time, effort and energy will pay big dividends for you and the organizations you work for.

Why iOpener?

This course is based on our unique in-house research into what makes individuals productive and the factors that affect that productivity. Based on our CEO Jessica Pryce-Jones's book '[Happiness at work](#)' we look at the tools and techniques that enable individuals to better understand what makes them tick.

How?

Participants need to come having completed an iOpener People and Performance Questionnaire. They'll spend time analyzing their results, thinking about what works and working out how to deal with their own personal situations. This workshop will involve reflection.

Participants?

A maximum of 9 participants allows us work in a coaching style to get to the root of what motivates everyone and how to boost that. This workshop will involve a lot of self-reflection and working in small groups to enable deeper understanding of self.

Outcomes:

Participants will:

- Understand their key drivers at work
- Recognize when they operate well in their environment and when they don't
- Investigate what they control, influence and can action
- Think about how to manage difficult situations
- Learn practical techniques to maintain focus and performance

Participants cover:

- Understanding motivation and productivity: the iOpener 5C model
- Assessing how I achieve my potential and what this means for me
- Understanding energy and what adds to and subtracts from my energy bank
- Working with Pride, Trust and Recognition: why, what and how
- Contribution less or more: critical elements
- Conviction: motivation and competence, correctedness and choice
- Culture: what I find restrictive and enabling
- Commitment: understanding what I find worthwhile and how I leverage that
- Confidence: how this affects motivation and what I can do about it
- Making this happen: how I manage my next steps

Target group

Anyone who wants to manage their time, effort and energy better.

Option

Think about offering employees a fully rounded picture of themselves by inviting them to complete our i360. This will enable them to better understand how they impact their colleagues.

Duration

1 day