

Product Index



Motivation & Goal Setting



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1 Session –

1-2 Hours of Interactive Training

Are you tired of setting goals and then never quite achieving them? Would you like to rocket out of your current routine and become more productive? Are you eager to break through the barriers that hold you back? You can do it! This invaluable training course for professionals will not only help you determine your goals, but will also give you strategic tools you can apply right away to motivate yourself toward making your goals realities. These proven goal-setting techniques have been used successfully by thousands of other professionals. Put these concepts for self-motivation to work for you — and prepare for life-changing results!

About The Author

This training program was produced by LearnKey and content partner National Seminars Group. National Seminars Group is one of the nation's leading providers of continuing education. Each year, they provide more than 7,000 seminars and conferences in the United States and Canada. In their 20-year history, more than 10 million professionals have participated in these programs.

Session 1

Section A: Goal Setting

- Creating Your Identity
- Values
- Your Mission Statement
- Goal Setting
- Action Plan

Section B: Motivation

- Motivation
- Fear of Failure
- Performance Secrets
- Self-Discipline
- Change

Section C: Motivating Others

- Introduction
- Your Needs
- Praise
- Employee Examples
- Praise (cont.)