

1. MOTIVATION PACKAGES



This training course does what it says on the tin! It motivates and inspires people to achieve their goals towards employment. Whether looking to gain work for the first time, change jobs or gain the confidence and motivation to move closer to employment. The course will enable people to achieve more than they ever thought possible in just 4 days! The length of this course can be extended or incorporated into other courses if required.

WHO IS THE COURSE FOR?

Although this training course is often run for long-term unemployed people or those who feel that in terms of skills; the course can easily be adapted for businesses, managers and/ or their staff to 're-energise' them to achieve individual goals or targets within a team.

One of the first things that people get asked after saying 'hello', is, 'what do you do for a living? Many people dread this question, this is because it makes them feel uncomfortable and can reduce confidence. Once confidence is reduced it can impact on motivation which can become a downward spiral!

WHY ATTEND THIS COURSE?

The aim of this course is to turn this spiral around, into an upward positive experience. The main reason to attend this course is to motivate and inspire learners to realise that they are not alone when confidence and motivation levels change. By identifying the skills and knowledge required to maintain positivity and motivation levels, individuals and groups of learners will be able to gain motivation and achieve new and existing goals.

WHAT DOES THE COURSE COVER?

Each course is designed to the specific requirements to our customers. All training elements can be changed, developed or adapted; but a basic outline may be:-

- Ice – breaker / Getting to know you introduction
- Finding your motivation
- What inspires you?
- Broadening horizons and moving forward
- Self – image/ Self presentation
- Verbal and non-verbal body language

HOW LONG IS THE COURSE? HOW MUCH WILL IT COST?

Both the length of the course and the cost will vary. We can design and deliver a course to meet your requirements. We offer a free consultation meeting to discuss your options and length of the course.

TRAINING METHODS AND TECHNIQUES

We offer a wide range of interactive and engaging training techniques. As we all learn differently, each course has a visual, auditory (listening), kinaesthetic (movement) and retrospective, (looking back – reflective) element to appeal to every learner. We adapt according to the diverse needs and abilities of the individual or group.

We also offer extensive public speaking and interviewing experience to offer each training programme.

Please note: All our courses are currently unaccredited. However we can design accredited courses based on specific outcomes as long as your organisation or company has the relevant accreditation for the course.

For more information please contact Giselle or Fran on 075903 95089 or email contact@outsidetheboxeducation.co.uk