

Self-motivation when WFH

90-minute webinar

Keeping motivated when working at home can be challenging, especially when you're not used to it. We all create habits in our daily lives to make things happen easily and with little effort. When we wish to change these established habits, it becomes difficult and takes a great deal of energy and willpower.

You will identify and understand what you need personally to motivate yourself to get work tasks done. You will learn what needs to be different in your approach to build and sustain productivity remotely over time. You will discover a range of best practices and learn from other people's experiences. Most importantly, you will understand the value of being open to ideas and trying new approaches you haven't considered before.

Learning objectives

- Identify what self-motivation means to you
- Understand what might block this process
- Create a plan to experiment with different approaches

Webinar overview

- 1 What motivates you?**
 - Identifying key values?
 - What's missing when you work from home way of working
 - Finding new motivators
- 2 Identifying work habits**
 - What routines do you currently follow?
 - Which ones do you want, or need, to keep?
 - Eliminating or reducing unhelpful habits
- 3 Creating new strategies**
 - Planning the key steps?
 - Getting started
 - Maintaining momentum
- 4 Making it stick**
 - Cementing a new way of working
 - Using rewards as motivators
 - Gaining recognition
- 5 Actions and next steps**
 - Review
 - Personal action planning
 - Next steps
- 6 Close**