

Mastering Student Motivation

True motivation comes from within

Motivation energises us and gives us the will and determination we need to succeed. In the short term it is possible to motivate someone by offering incentives or, indeed, penalties but this is not sustainable. True motivation comes from within.

No amount of persuasion or pushing from lecturers, teachers or parents can motivate a student in the same way that self-motivation can.

Positively You's 'Mastering Student Motivation' is designed to inspire students to identify their own 'whys':

- Why do I want what I want?
- Why do I deserve to succeed?
- Why am I prepared to step up to the challenges of education beyond school?
- Why should I go the extra mile to achieve my full potential?

Through this challenging, dynamic and inspirational workshop, we leave students excited about their future and determined to put in the extra effort they need to succeed.



Aims

- To encourage students to take personal responsibility for their futures
- To remove self-limiting beliefs and glass ceilings
- To embolden students to develop self-motivation



Benefits

This workshop is deeply personal and requires that students take a good look at the reasons why they think and do certain things.

During the workshop, students will:

- Question limiting belief systems and recognise the benefits of a healthier, positive state of mind
- Begin the shift towards more helpful, positive thoughts
- Challenge habitual thinking patterns and start to replace them with more positive behaviours
- Develop self-motivation skills
- Become more focused on achieving self-set goals
- Grow more confident in their ability to succeed

Book your workshop

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Workshop overview

Mastering Student Motivation is a high-impact experience, focused on empowering students to take ownership of their learning and encouraging them to take responsibility for their future.

The interactive session helps students identify their ambitions and the reasons behind their motivation. Students begin by clearly defining their objectives, then work through a simple but effective goal-setting exercise that they can use again and again.



Workshop content

Using the powerful, personal development model: state - behaviour - results, this workshop is especially useful for students who:

- Are unclear about what they want to achieve in life
- Lack the drive to succeed
- Lack the stamina to pursue self-set goals
- See exams as the end of the learning process

This workshop helps to reframe the school/college learning process into a context that has more meaning. Students start to see education as a journey and one which can help them achieve their goals and ambitions. Developing an understanding of the deeper purpose of education and charting progress against goals helps ignite an internal motivation and drive to succeed in students.



Results

Students learn to:

- Challenge habitual behaviours and thought patterns, replacing them with more positive ones
- Become more conscious of their state of mind and how to manage their feelings as a result of this
- Make fundamental attitude and motivational shifts that will help fuel achievement and success



Practicalities

Your Positively You event can be broken down as follows, depending on your timetable:

- 4 x 1-hour workshops
- 3 x 80-minute workshops
- 2 x 2-hour workshops

Each workshop can accommodate no more than 100 different students and can be delivered face-to-face or online.

"Our presenter really got the students involved, even those who were reluctant to take part, and regular breaks enabled the students to refocus."

Teacher, Uckfield College

We are Positively You

We are one of the UK's leading providers of educational workshops. For over 20 years, we've delivered transformative student workshops, inspiring teacher development sessions and supportive resources for parents.