

# Motivational Skills Training

**Course Duration: 08 Hours**

**Course Code: MST**

## 1. Course Overview

Motivational Skills Training is designed to help individuals develop a positive mindset, improve self-confidence, and stay driven toward personal and professional goals. This course focuses on enhancing inner motivation, overcoming challenges, and building resilience to achieve consistent growth and success in both personal and workplace environments.

## 2. What You'll Learn

- Understanding the psychology of motivation
- Techniques to build self-confidence and self-discipline
- Goal setting and achievement strategies
- Overcoming fear, stress, and procrastination
- Developing a positive attitude and growth mindset
- Time management and productivity improvement
- Effective communication and interpersonal motivation
- Building resilience and handling setbacks

## 3. Target Audience

- Students and fresh graduates
- Working professionals
- Team leaders and managers
- Sales and marketing professionals
- Entrepreneurs and business owners

- Anyone looking to improve self-motivation and personal growth

## 4. Pre-Requisites

- No prior experience required
- Basic understanding of personal and professional goals
- Willingness to learn and improve mindset
- Open attitude toward self-development

## 5. Course Content

### **Module 1: Introduction to Motivation**

- Meaning and importance of motivation
- Types of motivation (intrinsic & extrinsic)

### **Module 2: Self-Awareness & Mindset**

- Identifying strengths and weaknesses
- Building a growth mindset

### **Module 3: Goal Setting Techniques**

- SMART goals framework
- Short-term vs long-term goals

### **Module 4: Overcoming Challenges**

- Handling stress and fear
- Dealing with failure and rejection

### **Module 5: Building Confidence & Discipline**

- Self-confidence exercises
- Developing daily habits and routines

### **Module 6: Time Management & Productivity**

- Prioritization techniques
- Avoiding procrastination

### **Module 7: Communication & Influence**

- Positive communication
- Motivating others in teams

### **Module 8: Personal Growth & Success Planning**

- Continuous self-improvement
- Creating a personal action plan

