

Who we are

Remember when your business was younger? It had a vitality, an energy with everybody knowing what was happening and all striving for a common goal.

The business grew but now you feel there is a loss of fizz? Your gut instinct is telling you things should be better after all the investment in people, processes and facilities? You feel there is a loss of clarity of purpose?

If there is a search term “what on Earth do I do next” then this is the answer.

Businesses that have succeeded and grown have an effective way of doing things, their own way, a unique vision and culture, created by the Founders. With growth that culture is inevitably diluted, even lost, as layers of management are added.

What’s needed is a re-focus on the vision, values and culture originally laid down to create an uncopyable competitive advantage suitable to your larger, successful Firm.

And with that, the vitality to re-energise the business

Motivation Matters is your partner to make that happen.

Contact Us

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Take back control of your time



MOTIVATION MATTERS LIMITED
Corporate training

Who this is for

This course is designed for busy people who need to improve their productivity by making best use of their time and personal energy.

The course is intended to be run on your site in your facilities to avoid venue costs. Alternative venues can be arranged at extra cost.

The course will accommodate between 12 and 24 people from your organization.

Cost

The cost of this one-day course is £900 + Expenses + VAT.

Expenses comprise our actual travel, accommodation, venue and refreshment costs.

Terms are 30 days after the course on invoice.

Learning styles

The course is run in a workshop style. The attendees are given tasks which demonstrate the learning points so helping embed the knowledge and ability.

In this way the learning is part of their own experience and is much more likely to be recalled and used when back at work.

Course materials

Course workbooks are provided to participants as a reminder of what has been covered and to give a medium for the creation of personal notes.

Course Details

Content

1. How do you use your time?
2. How should you use your time?
3. Classifying what you do
4. Procrastination
5. Routines
6. The Flow State
7. Process improvement
8. Prioritise
9. Managing yourself

Benefits

1. Know where you spend your time
2. Know where you should spend your time
3. Set priorities
4. Understand your roadblocks
5. Make routines a habit
6. Get into the Flow State
7. Effective use of time
8. Get more done
9. Make progress

Results

1. See why you lose control of your day
2. Stress relief
3. Comfort with your choices
4. Increased self-confidence
5. A feeling of accomplishment
6. A feeling of achievement
7. A feeling of control
8. High performance
9. Reduced anxiety