



Motivation & Engagement

There's more to motivation than just reward and punishment. We each have unique and inherent motivation factors which, when we know how to manage them, can help us to get and stay motivated. As managers we can use this information to help others find their motivation as well.

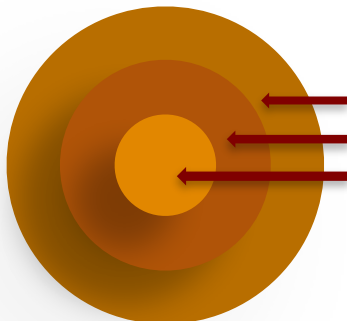
Energy Drainers

Energy Boosters

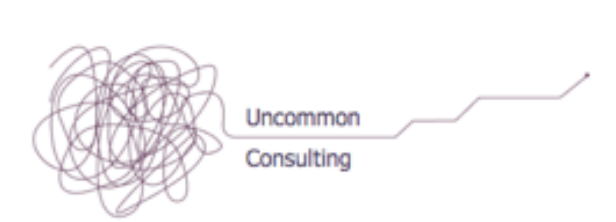
Disliked Behaviors

Talents

Circle of Control



Purpose



1. What action can you take to reduce energy drainers and/or increase energy boosters?
2. What action could you take to avoid or lessen the impact of one of your triggers (disliked behaviors)?
3. How do you feel when you are able to contribute using an inherent talent?
4. What activities could you do more of to feel more fulfilled more often?

ACTION PLAN

1. Check your own motivation using the Hierarchy of Motivation®
2. Prepare a motivation check-in with one of your direct reports. What will you do, with whom, by when?

Questions for the Coach

What questions do you have for your upcoming coaching session?