The FEB is pleased to host:

SUSTAINING MOTIVATION - AT WORK -

Renewing yourself, your team and your organization

RDR group
improving connections

FEDERAL EXECUTIVE BOARD GREATER LOS ANGELES

As workplace expectations increase – energy levels can sometimes struggle to keep pace – and it has many ramifications. It not only affects morale, productivity and customer relations, it is also takes a personal toll. Everyone knows what it's like to feel worn-out, tired or bored and some are on the verge of burn-out and defeat. This feeling of being drained (or simply uninspired) is not unique to certain age groups or certain job functions – it is universal. So how do we re-energize ourselves, our teams and our organizations to meet growing demands?

THE FOCUS

This course looks at current research and specific behaviors that everyone (including leaders) can practice to build stamina, create enthusiasm and increase motivation to keep themselves engaged and successful at what they do.

THE FOUR CONDITIONS THAT INCREASE MOTIVATION

1) Self Management

Participants will learn:

- How to stop obsessing about things
- How to calm the brain down
- How to be more optimistic
- How to be more grateful
- How to live in the moment

2) Relationship Management

Participants will learn:

- How to clarify expectations
- How to extend kindness
- How to express appreciation
- How to resolve differences

3) Meaningful Goals

Participants will learn:

- How to set realistic goals
- How to stay motivated to reach goals

4) A Sense of Accomplishment

Participants will learn:

- How to defeat boredom
- How to increase productivity

Speaker Rich Brandt *has provided training for 100's of organizations in the last 25 years, including: AT&T, Bayer, Century Link, Cisco Systems, FEB, Ford, DOE, DOI, GM, Kmart, Kroger, Mayo Clinic, Notre Dame, State Farm, USC, Walmart & Yale University*

DATE & TIME:

August 16, 2016

LOCATION:

Federal Building
501 West Ocean Blvd.
Room 3470
Long Beach, CA

FEE:

$250 per person -
****GROUP RATE*** -*
Register a group 3 or more (same credit card) for a only $199 each -

SIGN UP ON WEBSITE:

go to: www.rdrtraining.com and click "Training Topics". Click first topic "Sustaining Motivation" which includes registration and payment instructions

QUESTIONS:

Contact Rich Brandt
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WHO SHOULD ATTEND:

Senior Managers, Middle Managers, Supervisors and those that could use more energy (personally or as a team)