Management & Motivation

Management & Motivation is a group training in which managers learn to make a positive impact on the vitality and engagement of their employees.

Do you want to learn how you can focus on the positive growth and vitality of your employees? Do you want to experience that your leadership matters in relation to your employees' passion and happiness at work? That this is the right training for you.

This is Management & Motivation

- 2 group meetings of half a day each, or 3 times 90 minutes of online training
- working with fellow managers on developing leadership skills which enhance the vitality of your employees
- an inspiring mix of dialogue, knowledge transfer and learning with and from each other

This is what you will learn

- what energy, fun, passion, commitment and dedication provides you (sources of vitality)
- work with recognition and appreciation
- the importance of your role as vital leader

This is what you will achieve

You know what you as a manager can do to increase your employees' vitality, commitment, energy and happiness at work.

individual - group
1:1 - online
educational - preventive - curative

Matched Care category:

@work @risk @hor

Turnaround time: Customized

Number of hours:

2 4 6 8 10 12 14 0 2 4 6 8 10 12



This is what makes Management & Motivation unique:

- available online as well as offline
- given by trainers, who are taught by Shared Ambition, using a personal approach
- who inspire you, move you and teach you about the topic of resilience/ability to cope
- so that you, as a leader, can immediately put it into practice



Shared Ambition offers solutions for three target groups

@Work

For employees who are working and want to stay mentally healthy

@Risk

For employees who are at risk of absenteeism

@Home

For employees who are partly or fully absent

Matched Care Concept

@Risk / Preventive

@Home/ Curative

Dysfunctional Chronic Good balance Too much stress Increased need Increased for recovery recovery deficit stress stressors mechanism Healthy stress Insufficient Start of chronic Continued chronic Health damage Change in recovery stress reaction stress reaction physical system Perform **Fatigued** Overburdened Overworked Stress Burnout

Our solutions

Training courses & Workshops	Resilience	Mindfulness	(Psychological) coaching	Psychological interventions	Psychodiagnostics
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Job Vitality for sustainable employability

Favourable progress	Maintenand	ce required	Sustainable employability at risk	
Awareness	Self-examination	Coaching	(Multidisciplinary) Intervention	

Working together

Shared Ambition is an expert in work-related psychological health.

Do you want to learn more about Shared Ambition and/or our products and services? Please visit our site or contact us.

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@Work / Educational

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