

# Me & Motivation

Me and Motivation is a practical group training, which teaches you to use your vitality, energy and commitment in a positive way at work.

Do you want to work with more positive energy, fun and motivation... in other words, with more VITALITY? Do you want to be (and stay) more passionate and balanced in your work? That this is the right training for you. In only 2 half-day sessions you will work on increasing your vitality.

## This is Me & Motivation

- 2 group meetings of half a day each, or 3 times 90 minutes of online training
- interactive approach of separate topics per meeting
- multiple assignments in between meetings
- digital training material will be sent before the start of each meeting

## This is what you will learn

- make out the mental balance
- recognizing basic needs
- the impact of your thoughts on your vitality
- discover the power of motivation

## This is what you will achieve

You will feel more energized and vital in your work. You will make the most of your abilities.

individual - **group**

**1 : 1 - online**

**educational** - preventive - curative

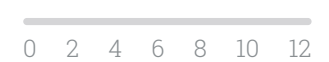
Matched Care category:



Number of hours:



Turnaround time: Customized



## This is what makes Me & 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 motivation and vitality
- so that you 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

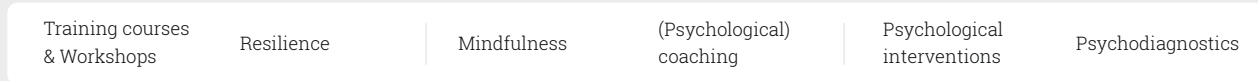
## @Home

For employees who are partly or fully absent

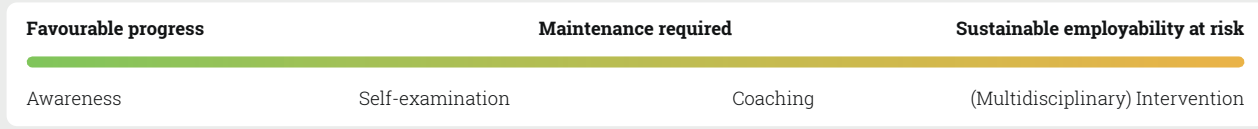
## Matched Care Concept



### Our solutions



### Job Vitality for sustainable employability



## 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.

Shared Ambition BV - Markenhaven 25C  
3826 AC Amersfoort - +31 (0)33-433 70 10

[www.sharedambition.com](http://www.sharedambition.com)  
[info@sharedambition.com](mailto:info@sharedambition.com)

