

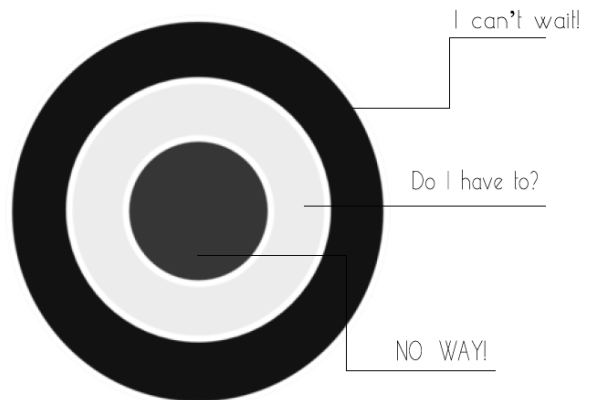
## Passing the Motivation

### "Meet the Pros"

Adding a **session** to your camp or workshop as it relates to **students** motivating both themselves and others.

- Ensure there are proper **benchmarks** for your sessions (consider breaking it into 2 separate sessions: Motivating Yourself, Motivating Others)
  - o Examples: Recognize conditions that tend to be self-motivating, Demonstrate a willingness to step outside one's comfort zone and take sensible risks, Be able to confront stress and other obstacles to remaining motivated, Identify motivational appeals and techniques
  - o Have a specific **definition** of motivation created by your students because motivation can sound super vague!
- Make self-motivation as **personal** as possible
  - o Personal antidotes from the instructor
  - o Know your audience (What are their barriers? Stress? Perfectionism?)
  - o Letter to oneself
  - o Identifying deeper motivation boundaries
- Use self-motivation as an opportunity for visuals & reflection
- Motivating others session is all about **ACTIVITIES**
  - o Teach them how to **appeal** to audiences (Examples: competition, power, companionship, personal enjoyment, etc.)
  - o Make them **practice** how to motivate other people in the room
- Example activities
  - o Comfort zone
  - o "Motivation Station"
- What have you all done to teach/pass the motivation that has worked?

### Getting Others Involved



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