

MOTIVATION AND GOAL SETTING CERTIFICATION

As per International Standards



UNICHROME

Unichrone Training **Advantages**

- ✓ 1 Day Interactive Instructor-led Online/Classroom or Group Training
- ✓ Course study materials designed by subject matter experts
- ✓ Mock Tests to prepare in a best way
- ✓ Highly qualified, expert & accredited trainers with vast experience
- ✓ Enrich with Industry best practices and case studies and present trends
- ✓ Motivation and Goal Setting Training Course adhered with International Standards
- ✓ End-to-end support via phone, mail, and chat
- ✓ Convenient Weekday/weekend Motivation and Goal Setting Training Course schedule



About Unichrone

✓ We are a professional training institute with an extensive portfolio of professional certification courses. Our training programs are meant for those who want to expand their horizons by acquiring professional certifications across the spectrum. We train small- and medium-sized organizations all around the world, including in USA, Canada, Australia, UK, Ireland and Germany.



Guaranteed Quality



Handpicked Trainers



Global Presence



Online Training Option

We've trained professionals across global companies

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Importance of Motivation and Goal Setting Training

- ✓ Motivation and Goal Setting Certification fosters and sustains personal and professional drive. Certified professionals learn all about human motivation, goals, means, and ways of responding to barriers and challenges. Certification allows professionals to unlock strengths of both intrinsic and extrinsic motivation systems, establish Specific Measurable Achievable Relevant and Time-bound (SMART) goals, and put into practice effective strategies. As a result, certified individuals are able to increase overall organizational effectiveness, decrease stress, and increase personal satisfaction.
- ✓ Motivation and Goal Setting Certification Training helps individuals escalate their performance to higher levels. Exploring topics of incentives, goals, and time management, participants receive the knowledge needed to inspire passion and focus to achieve incredible results. Each module combines both an understanding of the respective hypothetical model and the practical experience gained through applying the material to one's own life. This extensive training is helpful since it ensures individuals acquire the tools and competence required in their working lives besides personal ones to become happy and productive.

ELIGIBILITY CRITERIA

- ✓ Aspirants need not meet any requirements to pursue Motivation and Goal Setting Training Course. However, having prior knowledge is beneficial.

WHO SHOULD ATTEND

- ✓ Any individual who wants to gain skills to understand Motivation can enroll in the Motivation and Goal Setting Training course.

MOTIVATION AND GOAL SETTING CERTIFICATION ADVANTAGES



CERTIFIES
YOUR TALENT



HELPS
BUILDING
VALUES



GLOBAL
RECOGNITION



PERFECT
EXECUTION



BUILDS
CUSTOMER
LOYALTY



MORE
EMPLOYABILITY
OPTIONS

Syllabus of Motivation and Goal Setting Training

Lesson 01 – Introduction

1.	Motivation and Goal Setting
2.	Introduction to Motivation
3.	Introduction to Goal Setting
4.	Importance of Goals
5.	Goals Give You Focus
6.	Goals Help You Measure Progress
7.	Goals Help You Stay Motivated
8.	Goals Help You Beat Procrastination
9.	You Achieve Even More
10.	Goals Help to Determine What You Want in Life

Lesson 02 – Goal Setting Theory

1.	Method 1: 1-4C F
2.	Principles of Goals
3.	Method 2: SMART
4.	Specific
5.	Measurable
6.	Attainable
7.	Relevant
8.	Time-Bound
9.	Method 3: Backwards Goal Setting

Syllabus of Motivation and Goal Setting Training

Lesson 03 – How to Prioritise Your Personal Goals?

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| 1. | Overview |
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Lesson 04 – Process of Goal Setting

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| 1. | Self-Awareness |
| 2. | Awareness of Your Options |
| 3. | Awareness of Options that Best "Fit" You |
| 4. | Awareness of Steps Required to Reach Goal |

Syllabus of Motivation and Goal Setting Training

Lesson 05 – Strategies of Maintaining Motivation and Progress Towards Your Goals

1.	How to Visualise Your Long-Range Goals?
2.	Set Your Goals in Writing
3.	Keep a Record of Your Progress
4.	Maintain Positive Expectations

Lesson 06 – Maslow's Need Hierarchy Model

1.	Physiological Needs
2.	Safety and Security Needs
3.	Social Needs
4.	Esteem Needs
5.	Self-Actualisation

Syllabus of Motivation and Goal Setting Training

Lesson 07 – Self-Motivation at Work

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| 1. | Motivation Challenges |
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Lesson 08 – Useful Goal Setting Tools

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| 1. | Non-Digital Goal Setting Tools |
| 2. | Keep a Goal-Setting Journal |
| 3. | Try Backward Goal-Setting |
| 4. | Get Some Social Support |
| 5. | Digital Goal Setting Tools |
| 6. | Way of Life |
| 7. | Coach me Goal Tracking |
| 8. | Momentum |

Exam Format of Motivation and Goal Setting Certification

Examination Format	
Exam Name	Motivation and Goal Setting Exam
Exam Format	Multiple Choice
Total Questions & Duration	30 Questions, 1 Hour
Passing Score	Minimum passing score of 70%
Exam Cost	Included in training fee

To get you fully prepared with the knowledge and skills for Motivation and Goal Setting, a training session at Unichrome gives immense importance to mock questions at the end of every module and problem-solving exercises within the session. Prepared by certified faculty, the practice tests are a true simulation of the Motivation and Goal Setting exam.

Contact Us

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<https://unichrone.com/>

