

# HOW TO MASTER QUALITY MOTIVATION



## HOW TO MASTER QUALITY MOTIVATION

 DESCRIPTION

 LEARNING OUTCOMES

 TARGET AUDIENCE AND CONDITIONS

 SCHEDULE

 DATE AND LOCATION

 COURSE FEE

 REGISTER HERE

 CONTACT US

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# HOW TO MASTER QUALITY MOTIVATION

## Course details



20 hours (4 hours a day, Monday to Friday)



Target Audience: Teachers and school leaders



Porto (Portugal)



29/06/26 - 03/07/26



400 €

## Description

This course “**How to Master Quality Motivation**” is designed to enhance participants’ understanding of the mechanisms, types, and quality of motivation from both traditional and contemporary perspectives. The course is rooted in psychology, neuroscience, and education sciences, and is tailored for professionals who wish to strengthen their own motivation and that of others in educational, organizational, and personal contexts.

## Learning Outcomes

By the end of the course, participants will be able to:

- Distinguish between traditional and contemporary perspectives of motivation.
- Understand the neuropsychological bases of motivational processes.
- Identify and improve quality - not only quantity - of motivation.
- Develop strategies to foster and protect intrinsic motivation.
- Apply tools to assess, regulate, and enhance equality motivation in educational and professional environments.
- Have a renewed and scientifically grounded understanding of motivation.

- Use practical tools to foster, evaluate, and sustain high-quality motivation.
- Design learning and work environments that promote intrinsic motivation and personal growth.

## Target Audience and Conditions

- Teachers and school leaders
- Educational psychologists and counselors
- Human resource professionals
- Team leaders and managers
- Individuals seeking to improve their self-motivation and motivational influence
- Intermediate English (B1+) speakers

## Schedule

### • Day 1 - Traditional Perspectives of Motivation

- Goals versus Motivation
- Traditional definition of motivation
- The wrong question about motivation
- The three traditional perspectives of motivation and their consequences
- The concept of needs
- The homeostatic hijack
- Fear system and motivation
- The emotional hijack
- The reward system
- The neurological hijack

### • Day 2 - The New Perspective of Motivation

- The updated definition of motivation
- The new question about motivation
- Discovering that we are always motivated

### • Day 3 - Quality of Motivation

- Quantity versus quality
- The quality motivation criteria
- How motivation emerges
- Homeostatic versus psychological needs
- Background theories of motivation
- Self-Determination Theory
- How to facilitate intrinsic motivation

- The three psychological needs
  - The fragility quality motivation
  - Developing tailored motives
- **Day 4 - Protecting the Quality of Motivation**
    - Promoting self-regulation of quality motivation: three approaches
    - Developing a proactive list of reasons
    - Protecting quality motivation according to individual differences
    - Assessing the formula of quality motivation
  - **Day 5 - Assessing and Changing the Quality of Motivation**
    - Testing the quality of motivation
    - Changing the quality of motivation

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