



UNDERSTANDING & INCREASING MOTIVATION

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Children are naturally highly motivated – just not always in the ways that parents (or teachers) like or understand. It's entirely natural that children are not motivated to want to do things like homework, tidying toys, brushing teeth or many of the other daily tasks they are asked to do at home or at school.

Levels of motivation are closely linked to feelings of safety, autonomy, and pleasure and when we understand how it works, it's possible to nurture and grow it, in ourselves and in others!

This workshop covers the following topics:



THE SCIENCE OF MOTIVATION

We explain the differences between negative and positive motivation, and between intrinsic and extrinsic motivation. We also look at the different stages of the learning process for children and how their motivation changes over time. We discuss the neuroscience behind motivation, including the key role of sleep and how dopamine affects motivation.



5 WAYS TO INCREASE MOTIVATION

We share how parents can use positive parenting techniques to fulfil children's fundamental needs to feel safe, accepted and successful, to have a sense of autonomy and to experience pleasure. This includes how parents can foster a Growth Mindset and respond to their children's worries so children feel more willing to do what they need to do. We explain the most effective ways to give instructions and practical ways to create the optimum environment at home so children feel inspired and empowered to engage with their schoolwork and fulfil their potential.