

Motivation and Well-being – Bringing Balance to Life

“Happiness comes from using your signature strengths in the main realms of your life”

Motivation and well-being go together. Being too driven to achieve without taking care of well-being can lead to stress and burn out. Having too much well-being without a sense of purpose can be cosy and boring.

We are happy and have well-being when we use our strengths and talents in the main areas of our life – when we can manage our lives to do more of what energises us and less of what drains us.

In this session you will:

- Find out what most motivates you and how this relates to your signature strengths.
- Discover what is demotivating for you and how to manage the stress that arises.
- Appreciate that different people are motivated differently.
- Learn how to build your persistence and resilience.
- Use a practical template for bringing balance to your life.

Prior to the workshop you will complete a short quiz to assess your likely motivation and behaviour pattern.

Facilitator

Catherine Stothart (MSc, BA (Oxon), CFCIPD) is a Leadership Coach who has coached and trained hundreds of leaders to engage and motivate their teams and to develop themselves, in top multinational companies, including Airbus, Google and Audi.

Her best-selling first book, now in its second edition, [How to Get On with Anyone](#), (Pearson, 2024) is a guide to improving your interactions and relationships with anyone, whatever their personality type or background. In her third book, [Motivation: The Ultimate Guide to Leading your Team](#), (Routledge, 2023) she sets out how to lead others to fulfil their purpose and potential.

For more information see her [website](#) and [Linkedin](#) profile.