

# Fostering Employee Engagement & Motivation

## Key Takeaways

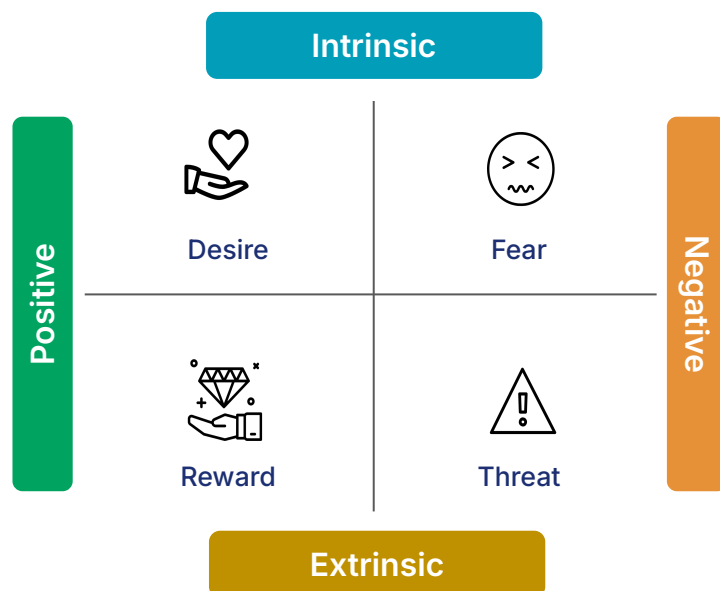
1

### Motivation Theories

<b>Intrinsic versus Extrinsic</b>	Easiest and most accessible resource to engage and motivate teams in any organisation
<b>Self Determination Theory</b>	Moving from total lack of motivation to intrinsic motivation
<b>Psychological Needs</b>	Creating autonomy, competence and purpose in one's work
<b>Master Environment</b>	Learning and persevering through adversity, typically used in sports to self guide towards motivation

2

### Different Sources of Motivation



# Fostering Employee Engagement & Motivation

## Key Takeaways

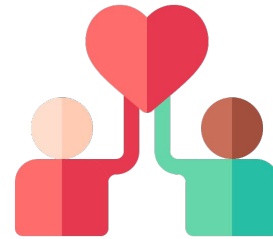
3

### Sustaining Motivation & Engagement In Employees



**Practicing Self-Awareness and Self-Compassion**

**Effective Self-Rewards**



**Being Inclusive**

**Practice Empathetic Communication and Active Listening**

### Need a bit more help?

Discuss with your coach on more personalised strategies to cultivate motivation and engagement in employees!



Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

