Motivation workshop 3.7.14

Motivating experiences

Good atmosphere at work
Being with people with common goals and values
Getting energy form others
Feeling valued
Being acknowledged
Having positive people around you
Doing work that works to your strengths
Feeling listened to
Seeing tangible change (in Practice or inpatients)
Having a voice
Receiving positive feedback

Demotivating experiences

Lack of support
Indifference
Feeling undervalued
Negativity
meetings which are Rambling and going nowhere
Lack of progress
Feeling ignored
Having too much "white noise"
Only doing things because of a need to survive
Being overloaded
Not achieving your objectives
Too mush pressure or stress
Isolation
Pace of change too fast

Things that help move to being more motivated

5 / day mental health tips
1. connect with those around you and spend some time in developing these relationships
2. Do something active
3. Keep learning
4. Do something for others, no matter how small, eg smile
5. Be mindful of the present and notice it.

Recognising that you are doing Good
Humour
Seeing growth in others as a result of your efforts
Feeling that you have done a good job
Doing work that relates to healing
Having perspective and recognising that other careers have similar / worse problems
Recognising the positive spin offs of being a GP eg being part of trainers workshop, having lovely colleagues, non desk job, never bored!
Remembering the positive
sharing common problems with colleagues/ friends
Protected clinical supervision
Working in Teams
Having good leaders
Looking at your day and ensuring there is something you enjoy, or time for a rest
Having opportunity for catharsis
Making time time energise
Having social time together
Combining education with lunch

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