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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