

Building personal motivation to achieve goals

*Düsseldorf (Germany)*

*22 - 26 December 2025*

UK Training

**PARTNER**



## Building personal motivation to achieve goals

Code: PS28 From: 22 - 26 December 2025 City: Düsseldorf (Germany) Fees: 4200 Pound

### Introduction

Personal motivation is a key factor in achieving goal achievement in both personal and professional life. This five-day intensive training course is designed to help participants develop self-motivation, understand the definition of personal motivation, and apply it effectively in their daily lives. Through interactive lessons, case studies, and practical exercises, participants will learn how to become a self-motivated person, identify personal motivations, and stay committed to achieving their objectives.

This course will cover personal motivation strategies, goal setting, and self-discipline techniques, equipping individuals with the tools needed to overcome obstacles and maintain focus on achieving goals.

### Course Objectives

By the end of this course, participants will:

- Understand what motivates a person and how to apply personal motivation techniques for success.
- Develop a clear vision for their personal and professional goals and create an action plan.
- Identify common barriers to personal motivation and learn strategies to overcome them.
- Build resilience and maintain focus on goal achievement.
- Apply personal motivation strategies and personal development techniques to achieve long-term success.

### Course Outlines

#### Day 1: Understanding Personal Motivation

- What is personal motivation? Definition and its importance in achieving goal achievement.
- Types of motivation: Intrinsic vs. extrinsic motivation.
- Identifying personal motivation sources and using them to drive success.
- Goal-setting theory and its significance in personal motivation.
- Assessing current motivation levels and identifying areas for improvement.

A graphic of a chessboard with several chess pieces (a king, a queen, a rook, and a pawn) in gold and silver. The text 'UK Training PARTNER' is overlaid on the board.

UK Training  
**PARTNER**

## Day 2: Setting Meaningful and Achievable Goals

- Steps to achieve goals using the SMART goal framework.
- Understanding long-term vs. short-term goals.
- Visualizing success and its impact on goal achievement.
- Aligning goals with personal values to enhance internal motivation.
- Creating a structured action plan to break goals into achievable steps.

## Day 3: Overcoming Barriers and Building Self-Discipline

- Common challenges to personal motivation, include procrastination, fear of failure, and self-doubt.
- Time management techniques to stay on track with goals.
- How to become a self-motivated person by developing strong habits.
- The role of mindset in goal achievement: Growth mindset vs. fixed mindset.
- Practical exercises to overcome challenges and stay motivated.

## Day 4: Building Resilience and Sustaining Motivation

- The importance of motivator personality type in overcoming setbacks.
- Developing mental and emotional resilience to handle daily stressors.
- Strategies to maintain personal motivation during difficult times.
- The role of positive reinforcement and self-rewarding techniques.
- Managing external pressure and dealing with criticism effectively.

## Day 5: Sustainable Motivation for Long-Term Success

- Establishing daily habits to maintain personal motivation and personal development.
- Tracking progress and adjusting goals as needed.
- Creating a personal accountability system for long-term success.
- The power of support networks and surrounding yourself with motivational influences.

A graphic of a chessboard with several chess pieces. A large gold king piece is in the foreground, with a silver pawn and a gold pawn behind it. The board has a checkered pattern, and there are concentric circles in the background.

UK Training  
**PARTNER**

- Developing a personal motivation plan to sustain goal achievement.

## Why Attend this Course? Wins & Losses!

- Gain an in-depth understanding of what motivates a person and how to motivate yourself and others.
- Learn the best personal motivation techniques and apply them in daily life.
- Develop a self-motivated personality to enhance goal achievement.
- Build mental resilience and sustain personal motivation for lifelong success.
- Acquire strategies for effective goal setting and action planning.
- Create a structured personal motivation plan for continuous improvement.

## Conclusion

Personal motivation is the key to unlocking success in both personal and professional life. Whether you're striving for career growth, personal improvement, or achieving long-term goals, mastering personal motivation strategies will empower you to overcome obstacles, stay focused, and achieve success with confidence.

Enroll in this course today and take the first step toward achieving goals, sustaining personal motivation and personal growth, and reaching your full potential!



## Blackbird Training Cities

### Europe



Malaga (Spain)



Sarajevo (Bosnia and Herzegovina)



Oporto (Portugal)



Glasgow (Scotland)



Edinburgh (UK)



Oslo (Norway)



Annecy (France)



Bordeaux (France)



Copenhagen (Denmark)



Birmingham (UK)



Lyon (France)



Moscow (Russia)



Stockholm (Sweden)



Podgorica (Montenegro)



Batumi (Georgia)



Salzburg (Austria)



Florence (Italy)



London (UK)



Istanbul (Turkey)



Amsterdam



Düsseldorf (Germany)



Paris (France)



Athens (Greece)



Barcelona (Spain)



Munich (Germany)



Geneva (Switzerland)



Prague (Czech)



Vienna (Austria)



Rome (Italy)



Brussels (Belgium)



Madrid (Spain)



Berlin (Germany)



Lisbon (Portugal)



Zurich (Switzerland)



Manchester (UK)



Milan (Italy)



## Blackbird Training Cities

### USA & Canada



Los Angeles (USA)



Orlando, Florida (USA)



Online



Phoenix, Arizona (USA)



Houston, Texas (USA)



Boston, MA (USA)



Washington (USA)



Miami, Florida (USA)



New York City (USA)



Seattle, Washington (USA)



Washington DC (USA)



In House



Jersey, New Jersey (USA)



Toronto (Canada)

### ASIA



Baku (Azerbaijan)  
(Thailand)



Maldives (Maldives)



Doha (Qatar)



Manila (Philippines)



Bali (Indonesia)



Bangkok



Beijing (China)



Singapore (Singapore)



Sydney



Tokyo (Japan)



Jeddah (KSA)



Riyadh (KSA)



Melbourne (Australia)  
(Kuwait)



Phuket (Thailand)



Shanghai (China)



Dubai (UAE)



Kuala Lumpur (Malaysia)



Kuwait City



Seoul (South Korea)



Pulau Ujong (Singapore)



Irbid (Jordan)



Jakarta (Indonesia)



Amman (Jordan)



Beirut

UK Training  
**PARTNER**



## Blackbird Training Cities

### AFRICA



Kigali (Rwanda)



Cape Town ( South Africa)



Accra (Ghana)



Lagos (Nigeria)



Marrakesh (Morocco)



Nairobi (Kenya)



Zanzibar (Tanzania)



Tangier (Morocco)



Cairo (Egypt)



Sharm El-Sheikh (Egypt)



Casablanca (Morocco)



Tunis (Tunisia)



## Blackbird Training Clients

 <b>MANNAI CORPORATION</b> MANNAI Trading Company WLL, Qatar	 <b>GAC</b> UNE FILIALE D' EGA Alumina Corporation Guinea	 <b>Booking.com</b> Booking.com Netherlands	 <b>OXFAM</b> Oxfam GB International Organization, Yemen	 <b>Capital Markets Authority</b> Kuwait
 <b>Waltersmith</b> Waltersmith Petroman Oil Limited Nigeria	 <b>QNB</b> Qatar National Bank (QNB), Qatar	 <b>Qatar Foundation</b> Qatar	 <b>AFRICAN UNION ADVISORY BOARD ON CORRUPTION</b> Tanzania	 <b>KFAS</b> KFS Kuwait
 <b>Reserve Bank of Malawi</b> Malawi	 <b>Central Bank of Nigeria</b> Nigeria	 <b>Ministry of Interior Kingdom of Saudi Arabia</b> KSA	 <b>Mabruk Oil Company</b> Libya	 <b>Saudi Electricity Company</b> KSA
 <b>BPKH</b> Badan Pengelola Keuangan Haji BADAN PENGELOLA KEUANGAN Haji, Indonesia	 <b>NATO Italy</b>	 <b>ENI</b> ENI CORPORATE UNIVERSITY, Italy	 <b>GULF BANK</b> Gulf Bank Kuwait	 <b>General Organization for Social Insurance</b> KSA
 <b>Defence Space Administration</b> Nigeria	 <b>National Industries Group (Holding),</b> Kuwait	 <b>Hamad Medical Corporation</b> Qatar	 <b>USAID</b> Pakistan	 <b>STC</b> STC Solutions, KSA
 <b>North Oil Company</b> North Oil company,	 <b>EKO Electricity</b> EKO Electricity	 <b>OMAN BROADBAND</b> Oman Broadband	 <b>UNITED NATIONS</b> UN.	 <b>Authority for Electricity Regulation, Oman</b> Authority for

UK Training  
**PARTNER**

## Blackbird Training Categories

### Management & Admin

Entertainment & Leisure  
Professional Skills  
Finance, Accounting, Budgeting  
Media & Public Relations  
Project Management  
Human Resources  
Audit & Quality Assurance  
Marketing, Sales, Customer Service  
Secretary & Admin  
Supply Chain & Logistics  
Management & Leadership  
Agile and Elevation

### Technical Courses

Artificial Intelligence (AI)  
Hospital Management  
Public Sector  
Special Workshops  
Oil & Gas Engineering  
Telecom Engineering  
IT & IT Engineering  
Health & Safety  
Law and Contract Management  
Customs & Safety  
Aviation  
C-Suite Training



 International House 185 Tower Bridge  
Road London SE1 2UF United Kingdom

 +44 7401 1773 35  
+44 7480 775526

 Sales@blackbird-training.com

 www.blackbird-training.com

UK Training  
**PARTNER**

