



## The AMPED Workshop

About the Workshop...

AMPED is a one-day workshop on motivation and engagement that helps organizations (and the people within them!) reach their highest potential. Decades of research have demonstrated that people tend to do their best work when motivated by a feeling of **autonomy** (self-direction), a desire for **mastery** (to get better at something that matters), and a sense of **purpose** (to contribute to something greater than themselves). The workshop is based on *DRiVE: The Surprising Truth About What Motivates Us* by New York Times bestselling author Daniel H. Pink. The process includes the work of world thought leaders Chip Heath, Teresa Amabile, Carol Dweck, Adam Grant, Simon Sinek, and Dan Ariely.

This workshop will demonstrate practical concrete steps you can take to tap into these motivators - at the individual, team, and organizational levels.

Workshop and Implementation Outcomes...

- Gain insight into your current organizational culture
- Learn and practice tools for increasing intrinsic motivation in your organization
- Align personal and organizational purpose
- Demonstrate leadership that inspires trust, communication, and innovation
- Create the conditions for Motivation 3.0 (autonomy, mastery, and purpose)
- Teach how to ask for and provide your team with rich, regular, and robust feedback
- Learn how to structure work that increases motivation, engagement, and performance

"Human beings have an innate inner drive to be autonomous, self-determined, and connected to each other. And when that drive is liberated, people achieve more and lead richer lives."

- Dan Pink, author of *Drive: The Surprising Truth About What Motivates Us*