

## About CRISP

CRISP is established under Indo-German Cooperation agreement as an autonomous organisation of the Dept. of Technical Education and Skill Development, Govt. of M.P.

CRISP provides technical training and consultancy services for Industry Personnel, Government Officers, Faculties of academic and teaching institutions, Students and Jobseekers. CRISP is equipped with the state-of-the-art equipment and technology, latest software, qualified, trained and experienced trainers in the relevant fields.

CRISP has its head office in Bhopal and training centres at several national and international locations.

Other training programmes in Behavioural Science offered at CRISP are :

- Achieving excellence
- Enhancing positive attitude
- Communication and Presentation Skills
- Managerial effectiveness
- Motivating towards excellence
- Positive personality development
- Stress and Conflict Management (Self Hypnosis)
- Team building
- Training of Trainers
- Leadership development programme
- Managing emotional intelligence
- Excellence through multiple intelligence



## Patron Clients of CRISP



### Contact :

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# MANAGING SELF AND MOTIVATION



...unleashing the full potential of men & machines

## MANAGING SELF AND MOTIVATION



### Introduction of Course

It is quite important to attain personal development as it helps us to understand our goals in life and work towards achieving it. However, it cannot happen overnight and it requires a lifelong commitment. One needs to search and implement self-empowering skills with the help of which one can achieve personal and professional greatness.

Workers in any organization need something to keep them working. Most of the time, the salary (which is a primary motive) of the employee is enough to keep him or her working for an organization but its not always. An employee must be motivated internally (i.e. stimulate secondary motives) to work for a company or organization. If no motivation is present in an employee, then that employees quality of work or all work in general will deteriorate. Therefore motivation is a very important factor to improve professionally as well as in personal life endeavors.

### Course Contents

- **Self–awareness :**  
knowing about one's self (strengths and weakness), present behaviour, goal setting and goal planning.
- **Self–motivation :**  
understanding of motivation level and approach to develop proper motivation in an individual and organisational life.
- **Self-esteem :**  
recognition of self and enhancement of self prestige in personal life and organisation environment. Development of positive self-image to understand self respect as a part of productive life culture.

- **Interpersonal communication and behaviour :**  
ability to express one self and ability to develop proper communication and behaviour in a group working. Understanding of three dimensions i.e., inclusion, control and affection role of inter-personal behaviour pattern in life.

### Methodology

The programme consists of a mix of

- Structured and simulation exercises
- Lectures & presentations
- Demonstration & probing
- Interactive discussions & role plays
- Individual & group presentation

### Pre-requisite

- Professionals from all sectors.
- Individuals above 18 years of age.

### Duration

Full time: 5 working days (7 hours/day)

### Course Fee

**Residential** : Rs 19,000/- per participant  
(on twin sharing basis)  
**Non-residential** : Rs. 15,000/- per participant  
**Service tax extra.**

### Mode of Payment

Cash or DD in favour of CRISP Society, payable at Bhopal.