

Title of assignment for mentoring	How to build higher self-motivation
Development Area	Self-motivation is an inner engine that drives us to performance and complete tasks and duties efficiently. It is a set of attitudes and values impelling to achieve without higher-level supervision.
The Practical Assignment brief:	Adopting positive and constructive work attitudes that facilitate the work process; fostering healthy self-confidence and determination.
The Practical Assignment should allow to develop and apply skills in:	<ul style="list-style-type: none"> ● ability to admit a mistake rather than blame it on others; ● high goal orientation; ● ability to focus; ● viewing problems as a challenge; ● constant evaluation of performance and developing ways to improve; ● having a clear vision
The Practical Assignment should allow to further develop and apply knowledge of:	<ul style="list-style-type: none"> ● fosters communication skills; ● enhances personal resilience; ● conflict resolution strategies; ● strong and trustful relationships
Task description:	The task for both employees is the same - create a vision board. It should include work goals and aspirations that foster goal orientation. Visual stimuli are very effective and very hard to ignore. The task of the pair (preferably from different generations) is to add small activities which would force the other to go out of a comfort zone a little. It requires a good knowledge of another person (colleague). It develops self-motivation and boosts intergenerational relationships, creating a fun and positive atmosphere.
Materials to be used:	Motivational workboard.
Recommended timeline:	long-term activity (at least a couple of months)
Keywords:	Determination, focus, goal-orientation, self-motivation.