



THE ART OF MOTIVATION: EMPOWER SELF AND OTHERS MICRO-CREDENTIAL

Understand how emotion influences behaviour
and what underpins people's pursuits in life

*This programme may be completed
as a stand-alone micro-credential,
or stacked with Building a
Positive Self-Esteem



INTRODUCTION

Your thoughts, life experiences, emotions and self-concept play a great role in how your motivation manifests and influences your choices and behaviours.

Learn to identify goals that are in line with your passions, behaviours and motivational patterns. Then convert goals into actionable events.

This introductory course explores the concept and theories of motivation and engages you in discussions exploring motivation and how it works.

COURSE DESCRIPTION

This 8-week short course will take you on a journey of critical thinking and self-reflection in which you explore your personal motivation levels and consider various strategies to enhance them.

This introductory course will guide you, but also teaches you how to guide others in exploring their motivation. Explore ways to keep up the behaviours and goals that you have set.

IS THIS COURSE FOR YOU?

This course is for you if you want to deepen your understanding of motivation, internal and external drives.



TIME COMMITMENT:
10-13 hours weekly



DURATION:
8 Weeks



TOTAL COST:
R3,500 / US \$240

COURSE CONTENT

Over the course of eight (8) weeks, through videos, readings, and discussions, you will explore the following topics:

Week 1: Introduction to Motivation

Week 2: Theories of Motivation

Week 3: Emotions and Motivation

Week 4: Goal Setting and Personal Control

Week 5: Motivational Interviewing

Week 6: Enhancing Growth Motivation

Week 7: Practical Application

Week 8: Complete and Submit Summative Assessment

COURSE OUTCOMES

By the end of this course, you will be able to:

Identify key concepts and terminology related to motivation and its manifestation.

Differentiate between prominent theoretical perspectives on motivation and their corresponding strategies that could enhance your motivation.

Demonstrate an understanding of the nature of emotions and their direct impact on motivation.

Apply the elements of goal-setting behaviour and personal control.

Explain the technique of motivational interviewing to facilitate behaviour change.

Assess behaviours to actualise, maintain and enhance the experiencing self.

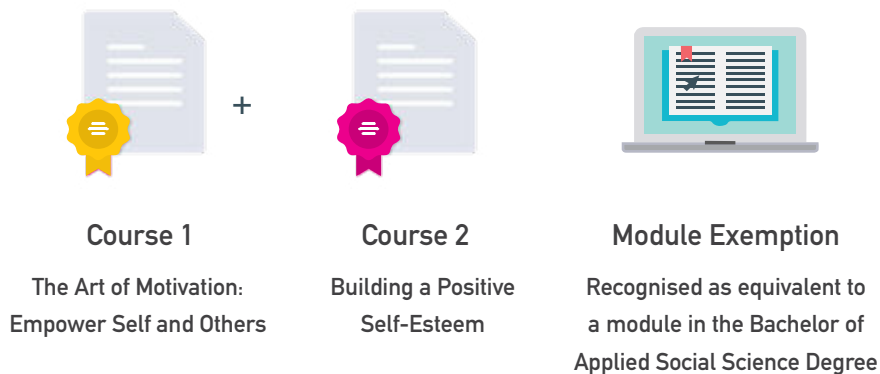
Apply practical exercises to build your own motivation.

Learners create a portfolio of work that demonstrate their newfound knowledge and skills.

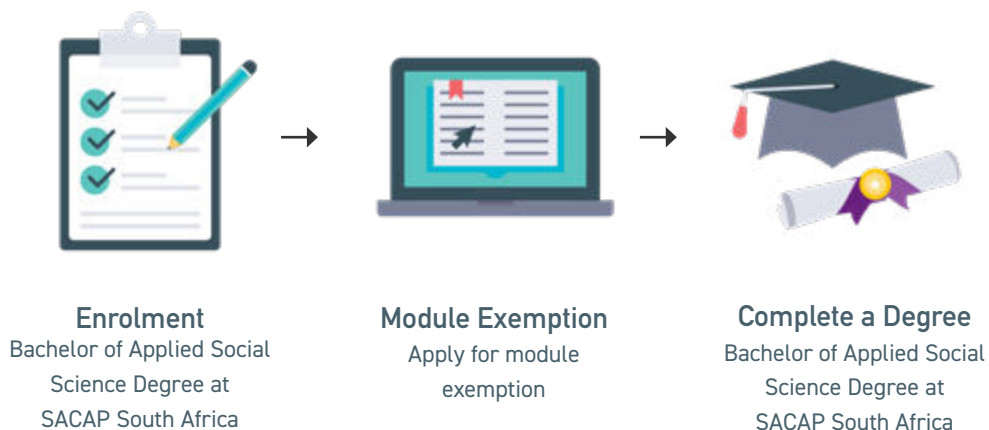


STACKABLE CREDENTIALS

Stack specified combinations of SACAP Global micro-credentials and they can be recognised as equivalent to a module within our degree programme at SACAP South Africa.



The Art of Motivation: Empower Self and Others can be stacked with [Building a Positive Self-Esteem](#), and recognised as equivalent to a module within the Bachelor of Applied Social Science Degree. If you meet the minimum entrance criteria, you can enrol for the degree and apply for module exemption.



CERTIFICATION

Upon completion you will receive a digital certificate of competence and badge. Your certificate and badge can be shared to 100+ social media platforms, allowing you to share your achievement with a single click.



CREDENTIAL TYPE

This course has been designed and developed by experts in the field of psychology.

The OpenLearning team has reviewed the course to ensure quality academic learning within the Malaysian and Australian credentialing framework.

An [OpenLearning OpenCred](#) is a type of credential that can stand-alone, or interact with a formal qualification. OpenCred courses are market-leading online courses that prepare learners for the future of work.

The Art of Motivation: Empower Self and Others micro-credential has been designed for anyone needing to upskill in this area and offers 80 hours of learning and assessment. Learners study online with course facilitators and peers, and receive robust academic content, while acquiring practical industry-relevant skills.



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