

Motivation in Motion

Motivating others can be challenging, but with the right recipe of various leadership skills you can be successful.

Move people to action through empowerment, delegation and recognition (“Wanda, you seem creative, would you be interested in leading the group in designing our team sign?”).

Offer autonomy and the freedom to determine the direction and vision (“I have some ideas of how we might use our time today, but first I would like to hear what you hope to learn about.”).

Tap their passion! People are committed and motivated when they truly believe in something.

Involve people in creating the process to accomplish the purpose! (“Seth, here is what we have been asked to accomplish today. How do you think we could best do that in the next hour?”).

Value where each individual is at and help them find a “fit” in the group.

Always remember that people support what they help create!

Tone—it’s not always what you say—it’s how you say it.

Invest in the individual! People are motivated when they feel like they and their contributions matter (“Ty, thanks for asking that question about meal plans; I saw a number of your peers taking notes as we discussed that topic.”).

Offer your thoughts and ideas to encourage others to do similarly (“I remember leaving my group of friends behind and how hard it was to say good-bye.”).

Notice individual contributions and refer back to them (“Maria asked about what faculty expect and what we just discussed is a perfect example of how to connect with faculty in the classroom.”).

"Motivation is a fire from within. If someone else tries to light that fire under you, chances are it will burn very briefly."

~ Stephen R. Covey

Take some time
to keep in Mind ...

...why you might not be motivated. Have you lost your passion for what you are doing? Are you being expected to do

things that are not congruent with your personal values? Are you over-involved and over-scheduled? Reflect, rewind and reboot your motivation when necessary.

What About YOU?

Being a student leader can be draining. You may wake up some days and wonder why you are putting in the effort – does it really make a difference? You can be assured that it does, but nonetheless it is understandable why you might, at times, lose your motivation to keep up the good work. This is when you need to dig deep for a little self-motivation. Here are some quick tips to help motivate YOU!

- **Identify Incentives**—Tell yourself that, if you get your tasks done, you can treat yourself to an hour of your favorite TV show or time with your friends.
- **Break It into Chunks**—A big task can feel overwhelming, yet if you break it into smaller parts it can feel more manageable.
- **Use the Buddy System**—Partner with someone who needs your support in accomplishing a goal and ask her to support you with your goal.
- **Focus on What You Want**—Focus your efforts on how you will get what you want out of accomplishing the task at hand (“Once I get these fliers up around campus I can hit the hay.”).

