



## Syllabus of Module

# 7. Self-motivation

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### Module Annotation

The main way to permanently succeed in more than just the business field, is continuous and never-ending self-improvement and a continuous ability to motivate oneself and motivate others. The presented module brings current knowledge in the field of motivation and self-motivation, as well as deals with the topic of the optimal level of motivation (Yerkes-Dodson Act) and changes in the approach to motivation (Motivation 1.0, 2.0 and 3.0).

The second part focuses on approaches to work and motivation according to Amy Wrzesniewski. In this section, great attention will be paid to the use in practice of selected knowledge from the theory of Amy Wrzesniewski (Job, Career and Calling). During the workshop, the lecturer will mention the long-term support of his/her own motivation and will focus on the best practices in support and self-motivation of subordinates.

### Module Objective

The main objective of this module is to explain the issue of self-motivation, describe the different approaches and possibilities of motivating oneself and people around. This topic is particularly relevant now, in an era that brings a lot of uncertainty and at the same time creates pressure that one should be more responsible about one's life and motivation.

An essential prerequisite for effective self-motivation is, first of all, to know oneself, one's personal motivators (internal, external or a combination of internal and external) and their changes. This topic is closely related to knowing our own limits and what we can realize about ourselves. The self-motivation module is intertwined with the theme of personal development and work-life balance in order to achieve the balanced and long-term effective functioning of a person in work and personal life.

## Literature

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3. EMBRACE OUR CALLING (2021). How Job Crafting Transform Your Work into Calling [online]. Embrace Our Calling. Available at <https://embraceourcalling.com/how-job-crafting-transform-your-work-into-calling/>
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5. WRZESNIEWSKI, A., MCCAULEY, C. R., ROZIN, P., & SCHWARTZ, B. (1997). Jobs, careers, and callings: People's relations to their work. Journal of Research in Personality, 31, 21-33.