

RECHARGE YOUR BATTERIES

Passion, self-motivation, willpower and regeneration

INSPIRATIONAL SPEECH FOR LARGE AUDIENCES BY SZYMON KUDŁA

Let's break some myths about motivation – in a constructive way. Recent provocative research proves that catch phrases such as "do what you love, love what you do and you will never have to work again" are far from corporate realities. People look for passion where there is none and tend to believe that they should feel the flow 24/7, while the multitude of mundane tasks makes them frustrated, raising even more questions about the meaning of work. Forget the slogans and discover five energy resources for yourself; regain balance and optimism – and recharge your batteries to get ahead of the challenges around the corner.

Perfect for: Teams overwhelmed with the burden of day-to-day work or dealing with the Groundhog Day Syndrome.

- **Energy from THE CONTENT OF WORK.** A delusion of continuous flow: most of the tasks we perform are (and will be) repetitive and monotonous; so let's find the 10% that makes a special meaning.
- **Energy from ACHIEVEMENTS.** The magic of small victories: when the feeling of progress and ticking off things from your checklist can galvanize you for the upcoming challenges.
- **Energy from WILLPOWER.** Willpower is often more important than pure motivation based on wants and needs as long as you don't deplete the well too soon and regularly refill it.
- **Energy from SHOCKS.** The Phoenix Effect: launching a constructive fury and bouncing back after a huge crisis.
- **Energy from OTHER PEOPLE.** Whom do you surround yourself with? The impact of positive warriors and destructive naysayers on your individual energy level.

