

# Joint development, piloting and validation of entrepreneurial mindset and key skills curricula and training materials for third countries



Entrepreneurial Mindset and Key Skills for All

## ENTRECOMP CURRICULUM:2.2 MOTIVATION & PERSEVERANCE

### **TASK ID AND TITLE 2.2: JOINT DEVELOPMENT OF THE CURRICULA AND TRAINING MATERIALS FOR ENTRECOMP**

PARTNER RESPONSIBLE FOR THIS ACTIVITY: MMC MEDITERRANEAN MANAGEMENT CENTER LTD



## PROJECT MAIN DETAILS

<b>Programme:</b>	Erasmus+
<b>Key Action:</b>	Lump Sum Grants
<b>Project title:</b>	Joint development, piloting and validation of entrepreneurial mindset and key skills curricula and training materials for third countries
<b>Project Acronym:</b>	EMSA
<b>Project Agreement Number:</b>	101092477
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## COORDINATED BY



## PROJECT PARTNERS



Jordan Youth Innovation Forum  
الملتقى الأردني للإبداع الشبابي



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## TRAINING CURRICULUM FOR COMPETENCE: MOTIVATION & PERSEVERANCE

### Aim of the workshop

The aim of this workshop is to equip participants with a comprehensive understanding and practical application of perseverance and motivation in professional settings. Through an in-depth exploration of key concepts, theories, and strategies, the workshop is designed to enhance participants' knowledge of the foundational principles of motivation and the critical role of perseverance in achieving long-term goals. Participants will develop skills in applying effective techniques for building resilience, setting and achieving goals, and maintaining motivation, even in the face of challenges. Furthermore, the workshop aims to cultivate competences in integrating these concepts into workplace practices, enabling participants to lead initiatives that create and sustain a motivational environment, adapt strategies based on team feedback, and assess the impact of these strategies on team performance and morale. By the end of this workshop, participants will not only have a deeper theoretical understanding of perseverance and motivation but will also be equipped with actionable skills and competences to apply these concepts effectively in their professional lives, contributing to both individual and organizational growth.

### Learning outcomes

After the end of the workshop the participants will be in a position to:

***In terms of knowledge:***

*Define and explain the key concepts of perseverance and motivation, including theories of motivation, strategies for building resilience, and techniques for maintaining motivation in challenging situations.*

***In terms of skills:***

*Apply techniques and strategies for enhancing personal perseverance and motivation in professional settings, using goal-setting, feedback mechanisms, and motivational communication effectively.*

***In terms of competences:***

*Demonstrate the ability to integrate perseverance and motivation into life and workplace practices, by leading initiatives that foster a motivational environment adapting proper strategies.*

## Training methodology

- Synchronous Online Learning
- Self-Directed Learning

## Prerequisites

- Beginner level
- Specific skills required
- Previous workshops required

If the workshop requires specific skills or participation in previous workshops, explain:

6 hours.



## SYNCHRONOUS ONLINE LEARNING

### Workshop duration

6 hours.

### Training techniques

- Lecture (compulsory)
- Individual Exercise
- Group Exercise
- Role Play
- Experiential Workshop
- Group Discussion
- Brainstorming
- Case Study
- Questions and Answers (multiple choice and open questions)
- Other (Please indicate): Video Projection and Analysis

### Equipment and materials necessary

#### Equipment:

- ✓ Laptop/PC
- ✓ Projector
- ✓ Wi-Fi or internet access
- ✓ Whiteboard or Flipchart
- ✓ Markers
- ✓ Audio Equipment (larger groups)

#### Materials:



- ✓ Power Point presentation
  - ✓ Large paper pads
  - ✓ Workshop Handouts (or agenda)
- Creativity Tools: (sticky notes, coloured markers, index cards)
- ✓ Name Tags (group names' tags)

## Workshop programme breakdown

No.	Theme/Content	Workload in minutes	
1	<b>Introduction to Perseverance and Motivation</b>	<b>90 minutes</b>	
	<b>Structure</b>		<b>Technique/Title of methodological tool</b>
	<ul style="list-style-type: none"> <li>• <b>Overview of Perseverance and Motivation</b></li> <li>• <b>Importance in Personal and Professional Growth</b></li> <li>• <b>Strategies for Cultivating Perseverance and Motivation</b></li> </ul>		<p><b>Lecture:</b> PPT2.2_1 (Slides 12_27)</p> <p><b>Ice-breaking Activity:</b> MT2.2_1 (Slide 9)</p> <p><b>Group Exercise:</b> MT2.2_2 (Slide 24)</p> <p><b>Video Projection and Analysis (YouTube Video Presentation):</b> MT2.2_3 (Slide 27)</p>
2	<b>Fundamentals of Perseverance</b>	<b>90 minutes</b>	
	<b>Structure</b>		<b>Technique/Title of methodological tool</b>
	<ul style="list-style-type: none"> <li>• <b>Understanding Perseverance</b></li> <li>• <b>Strategies for Building Resilience</b></li> <li>• <b>Overcoming Challenges</b></li> </ul>		<p><b>Lecture:</b> PPT2.2_1 (Slides 28 – 36)</p> <p><b>Group Exercise</b> MT2.2_4: Scenario discussion (Slide 34)</p> <p><b>Group Discussion:</b> MT2.2_5 (Slide 36)</p>
3	<b>Key Aspects of Motivation</b>	<b>90 minutes</b>	
	<b>Structure</b>		<b>Technique/Title of methodological tool</b>



	<ul style="list-style-type: none"> <li>• <b>Definition, Types and Theories of Motivation</b></li> <li>• <b>Maintaining Motivation over Time</b></li> <li>• <b>Motivational Techniques in Practice for the Workplace</b></li> </ul>	<p><b>Lecture:</b> PPT2.2_1 (Slides 38_ 57)</p> <p><b>Group Exercise:</b> MT2.2_6 (Slide 51)</p> <p><b>Case Study:</b> MT2.2_7 (Slide 57)</p>	
<b>4</b>	<b>Wrap-up and Conclusion</b>		<b>60 minutes + 15 minutes' Breaks</b>
	<b>Structure</b>	<b>Technique/Title of methodological tool</b>	
	<ul style="list-style-type: none"> <li>• <b>Recap of Key Takeaways</b></li> </ul>	<p><b>Lecture:</b> PPT2.2_1 (Slides 58 – 65)</p> <p><b>Questions and Answers: Review and Discussion:</b> MT2.2_8 (Slide 59)</p>	
	<b>Total Duration</b>		<b>360 minutes</b>

### List of methodological tools

No.	Training Technique	Title of Methodological tool
1	Lecture	PPT2.2_1
2	Ice-Breaking Activity	MT2.2_1
3	Group Discussion	MT2.2_2, MT2.2_6, MT2.2_5
4	Video Projection and Analysis	MT2.2_3
5	Group Exercise	MT2.2_4
6	Case Study	MT2.2_7
7	Review and Discussion	MT2.2_8
8	Q&A Session	MT2.2_9



## SELF-DIRECTED LEARNING

### Resources

No.	Title and Reference	Attachment (if applicable)
1	Duckworth, A. (2016). "Grit: The Power of Passion and Perseverance"	
2	TED Talks (www.ted.com): TED features talks on motivation, perseverance, and personal development by various speakers worldwide	<a href="http://www.ted.com">www.ted.com</a>
3	MindTools (www.mindtools.com): Website offering resources and tools on personal effectiveness, motivation, and workplace success	<a href="http://www.mindtools.com">www.mindtools.com</a>
4	"Drive: The Surprising Truth About What Motivates Us" by Daniel H. Pink	
5	"The Motivation Myth: How High Achievers Really Set Themselves Up to Win" by Jeff Haden	
6	<a href="https://www.psychologytoday.com/us/basics/motivation">https://www.psychologytoday.com/us/basics/motivation</a> : Articles and insights on motivation and how it works in psychology	<a href="https://www.psychologytoday.com/us/basics/motivation">https://www.psychologytoday.com/us/basics/motivation</a>
7	Coursera Course: "The Science of Well-Being" by Yale University - Offers insights into psychological aspects of personal motivation and happiness	<a href="https://www.coursera.org/learn/the-science-of-well-being">https://www.coursera.org/learn/the-science-of-well-being</a>
8	Harvard Business Review (www.hbr.org): Articles on leadership, motivation, and employee engagement	<a href="http://www.hbr.org">www.hbr.org</a>
9	"Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones" by James Clear	
10	Goal Setting Guide (www.goalsettingguide.com): A website providing practical tips and techniques for effective goal setting and motivation	<a href="http://www.goalsettingguide.com">www.goalsettingguide.com</a>



11	Khan Academy ( <a href="http://www.khanacademy.org">www.khanacademy.org</a> ): Offers courses on personal development, including motivation and perseverance	<a href="http://www.khanacademy.org">www.khanacademy.org</a>
12	Evernote (Productivity Tool): Helps in organizing tasks and goals, aiding in maintaining motivation and focus	<a href="https://evernote.com/">https://evernote.com/</a>
13	Benefits of Perseverance: 8 Reasons Why Perseverance Matters.	<a href="https://www.believeinmind.com/self-growth/benefits-of-perseverance/#why-perseverance-matters-benefits-of-perseverance">https://www.believeinmind.com/self-growth/benefits-of-perseverance/#why-perseverance-matters-benefits-of-perseverance</a>

