

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

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PROJECT MAIN DETAILS

Programme: Erasmus+

Key Action: Lump Sum Grants

Project title:Joint development, piloting and validation of

entrepreneurial mindset and key skills curricula

and training materials for third countries

Project Acronym: EMSA

Project Agreement Number: 101092477

Start Date: 01/01/2023

End Date: 31/12/2025

COORDINATED BY



PROJECT PARTNERS











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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:

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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:
Ī	6 hours.





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SYNCHRONOUS ONLINE LEARNING

Workshop duration

6 hours.		

Training techniques

□ Lecture (compulsory)
□ Individual Exercise
☑ Group Exercise
□ Role Play
□ Experiential Workshop
□ Group Discussion
☐ Brainstorming
□ Case Study
oxtimes 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:

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- ✓ Power Point presentation
- ✓ Large paper pads
- ✓ Workshop Handouts (or agenda)

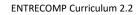
Creativity Tools: (sticky notes, coloured markers, index cards)

√ Name Tags (group names' tags)

Workshop programme breakdown

No.	Theme/Content		Workload in minutes
1	Introduction to Perseverance and Motivation		90 minutes
	Structure	Technique/Title of methodological tool	
	 Overview of Perseverance and Motivation Importance in Personal and Professional Growth Strategies for Cultivating Perseverance and Motiva- 	Lecture: PPT2.2_1 (Slides 12_27) Ice-breaking Activity: MT2.2_1 (Slide 9) Group Exercise: MT2.2_2 (Slide 24) Video Projection and Analysis (YouTube	
	tion Video Presentation): MT2.2_3 (Slide 27)		
2	Fundamentals of Perseverance		90 minutes
	Structure	Technique/Title of methodological tool	
	 Understanding Perseverance Strategies for Building Resilience Overcoming Challenges 	Lecture:PPT2.2_1 (Slides 28 – 36) Group Exercise MT2.2_4: Scenario discussion (Slide 34) Group Discussion: MT2.2_5 (Slide 36)	
3	Key Aspects of Motivation		90 minutes
	Structure Technique/Title of methodological tool		

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	 Definition, Types and Theories of Motivation Maintaining Motivation over Time 	Lecture: PPT2.2_1 (Slides 38_ 57) Group Exercise: MT2.2_6 (Slide 51)	
	 Motivational Techniques in Practice for the Work- place 	Case Study: MT2.2_7 (Slide 57)	
4	Wrap-up and Conclusion		60 minutes + 15
	Structure	Technique/Title of methodological tool	minutes' Breaks
	Recap of Key Takeaways	Lecture: PPT2.2_1 (Slides 58 – 65) Questions and Answers: Review and Discussion: MT2.2_8 (Slide 59)	
	Total Dunation	Discussion: IVIT2.2_8 (Slide 39)	
	Total Duration		360 minutes

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





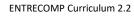


SELF-DIRECTED LEARNING

Resources

N	Title and Reference	Attachment (if applicable)
o.		
1	Duckworth, A. (2016). "Grit: The Power of	
	Passion and Perseverance"	
2	TED Talks (www.ted.com): TED features talks	www.ted.com
	on motivation, perseverance, and personal	
	development by various speakers worldwide	
3	MindTools (www.mindtools.com): Website	www.mindtools.com
	offering resources and tools on personal	
	effectiveness, motivation, and workplace	
	success	
4	"Drive: The Surprising Truth About What	
	Motivates Us" by Daniel H. Pink	
5	"The Motivation Myth: How High Achievers Re-	
	ally Set Themselves Up to Win" by Jeff Haden	
6	https://www.psychologytoday.com/us/basics/	https://www.psychologytoday.com/us/basics/
		<u>motivation</u>
	and how it works in psychology	
7	Coursera Course: "The Science of Well-Being"	https://www.coursera.org/learn/the-science-
	by Yale University - Offers insights into	of-well-being
	psychological aspects of personal motivation	
	and happiness	
8	Harvard Business Review (www.hbr.org):	www.hbr.org
	Articles on leadership, motivation, and	
9	employee engagement "Atomic Habits: An Easy & Proven Way to Build	
9	Good Habits & Break Bad Ones" by James Clear	
10	Goal Setting Guide	www.goalsettingguide.com
10	(www.goalsettingguide.com): A website	www.godisettingguide.com
	providing practical tips and techniques for	
	effective goal setting and motivation	

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





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