

Motivating & Encouraging

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Plan for Today

Motivation:

How can we motivate ourselves and others?

Encouragement:

How can we encourage ourselves and others?

What activities can we incorporate into our practice?

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**Let's hear from our
friend Ted Lasso...**

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Motivation



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Scientific Definition:

Motivation is the general desire or willingness to act in a certain way. It is used to describe the force that explains why you would initiate, continue, or quit something.

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Plain Version: Motivation just means you feel like doing something. This matters because when you are motivated to do something, it is easy to do it!!

Dopamine

A neurotransmitter and hormone that is involved in many different aspects of your body's functioning.

But when you talk about it in the context of motivation, what everyone is talking about it is that dopamine plays a role in the *reward system* in your mind.

It is referred to as the molecule of motivation.

Dopamine

But dopamine is not motivation on tap.

Because dopamine is tied to cravings and things that you want.



**Food spikes
dopamine by
50%!!**

**Food spikes
dopamine by
50%!!**

**Because you crave it and you
want it.**

So you are motivated to cook.

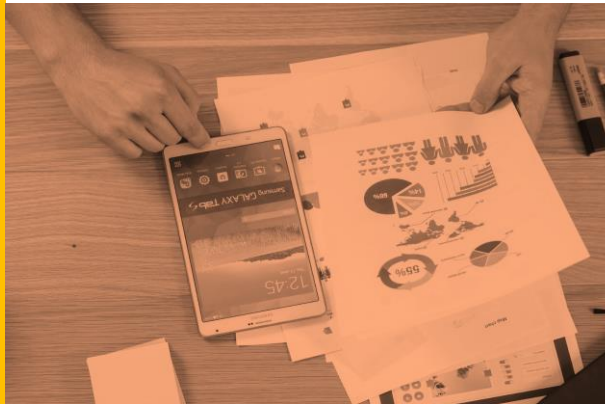
**This is true for all
things we like!**

This is **true for all
things we **like**!**



**What is NOT on
this list?**

What is **NOT** on this list?



**We are not
here to biohack
dopamine.**

**We are not
here to biohack
dopamine.**

**We are here to
learn how to
manage these
realities.**

**Motivation is
just a feeling...**

...so let's life-hack it!

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**You can't want
something more
than they do.**



1. What do you want, and why does this matter?



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1. What do you want, and why does this matter?

2. Just do it.



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1. What do you want, and why does this matter?

2. *Just* do it.



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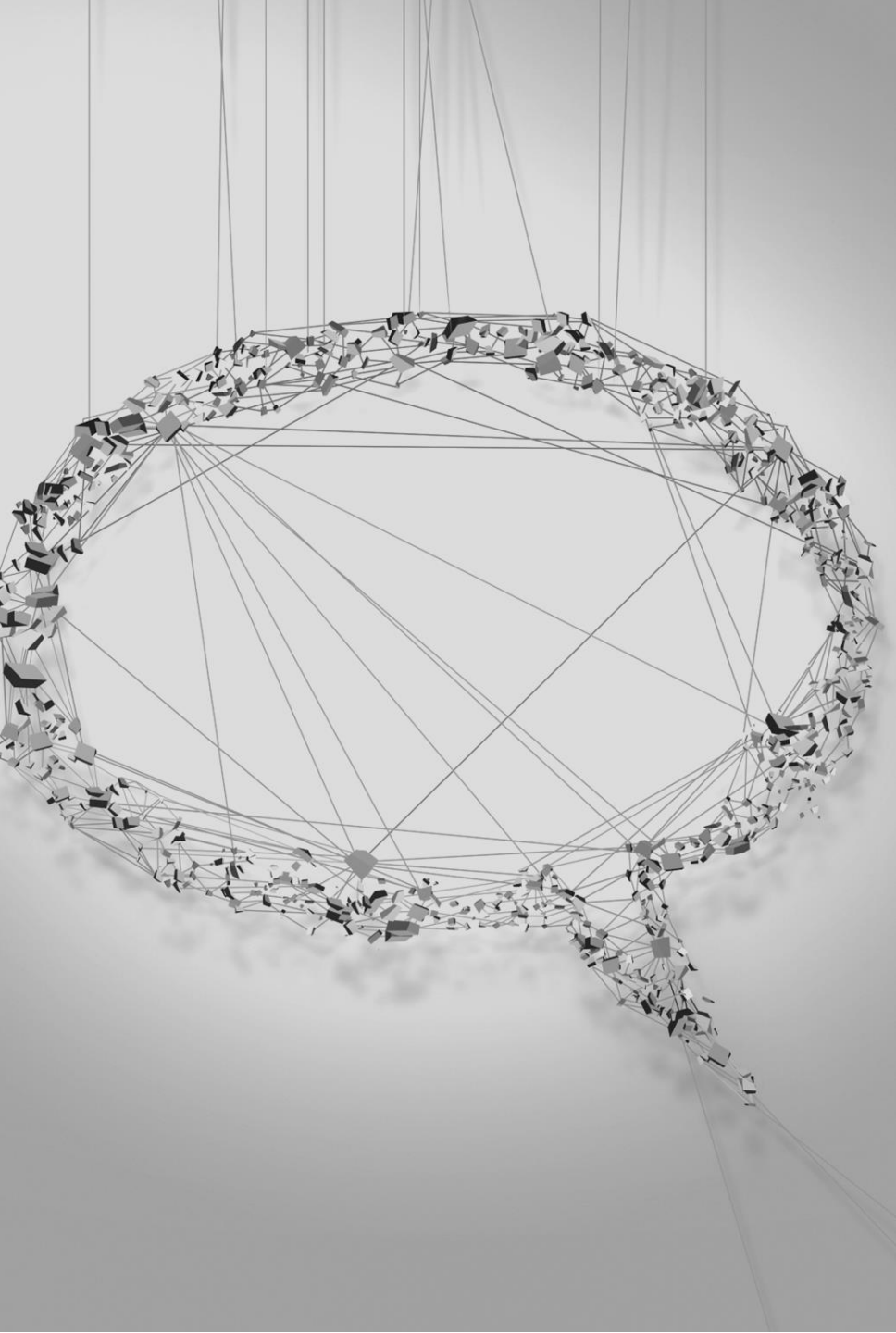
**Motivation means
you understand
what you need to
do and why you
need to do it, so
you push yourself
to just do the
thing.**

So What Do We Do?

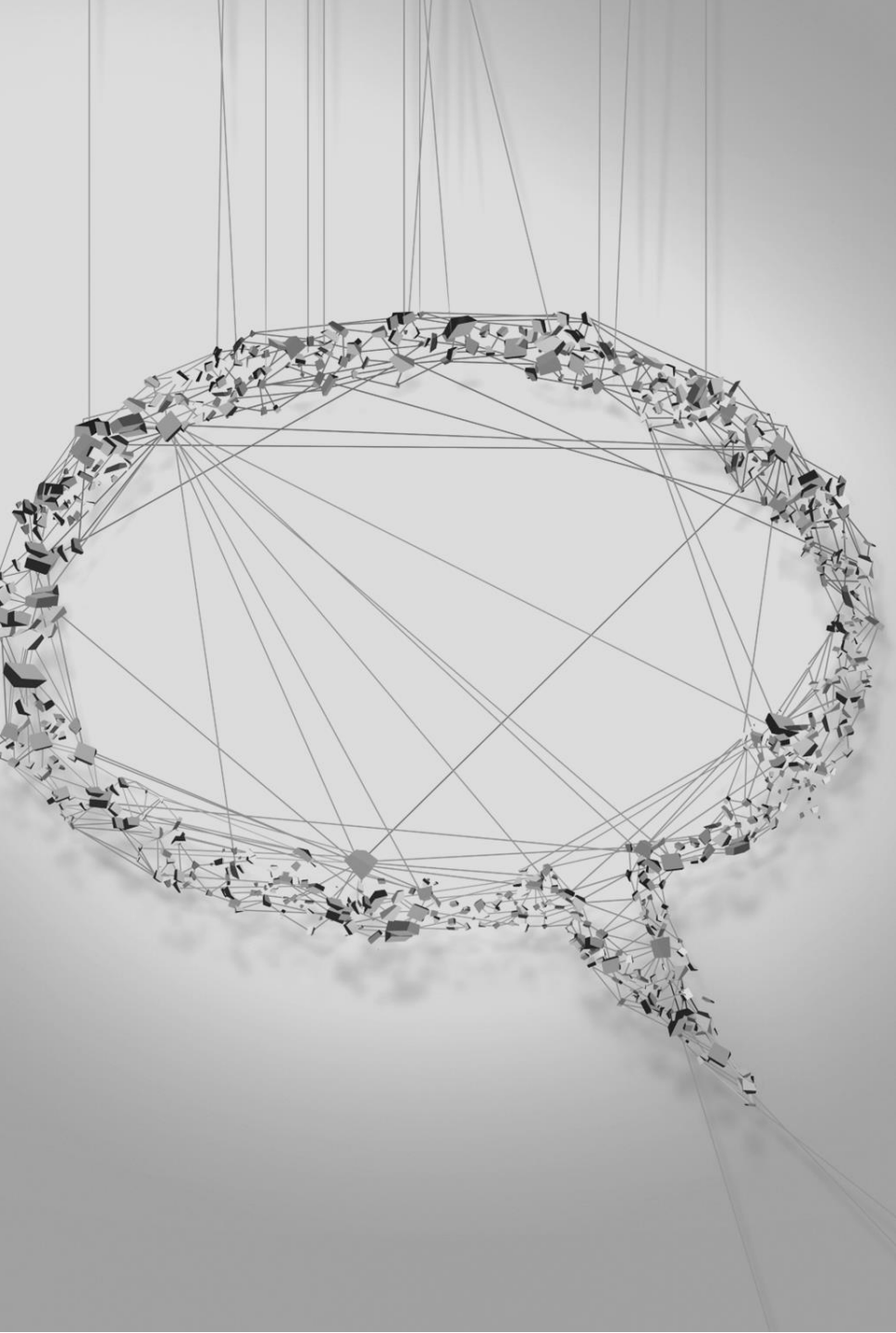
1. Find out *what* is important, and *why*.

2. Set goals, *encourage*, and reward.





Active Listening



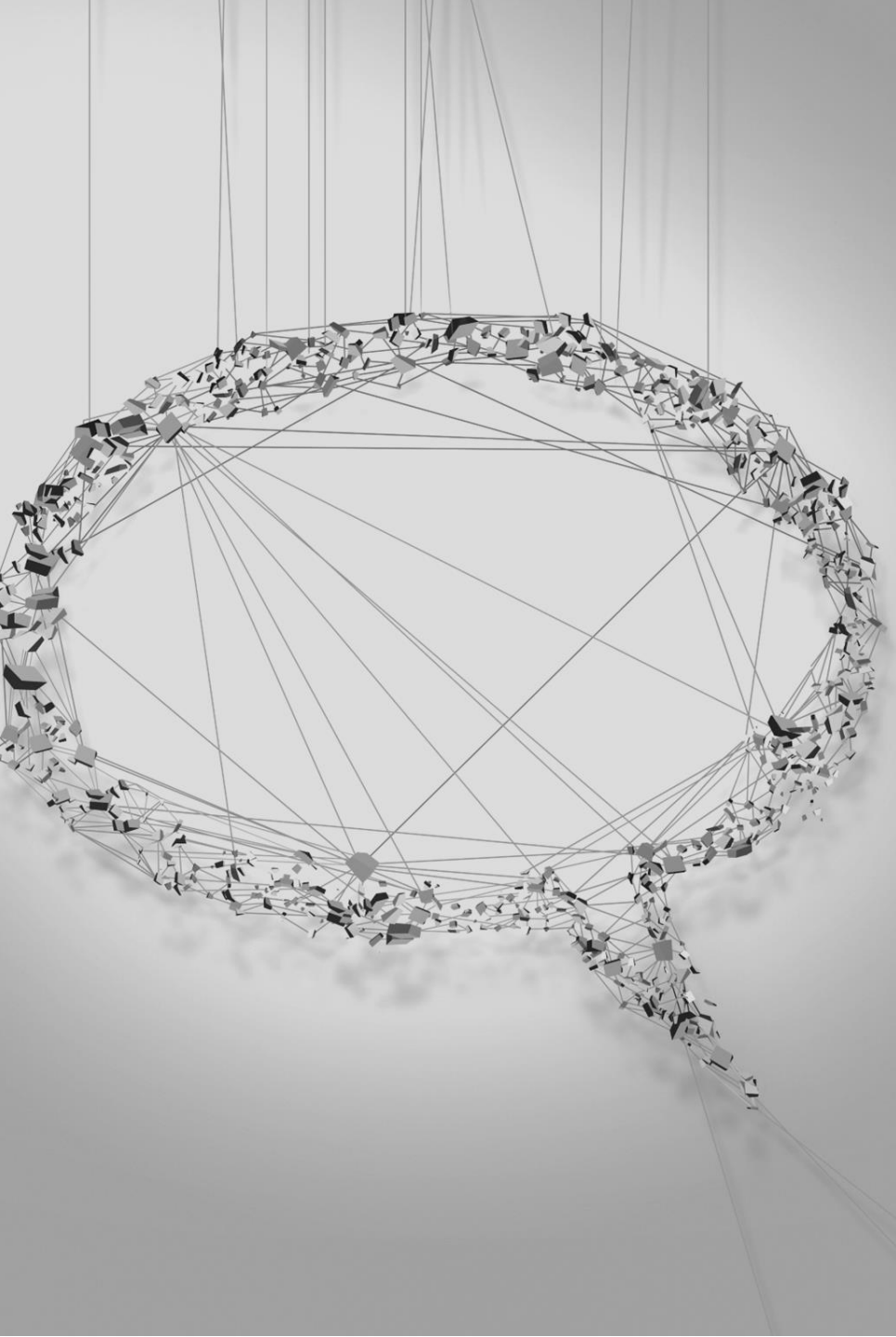
Active Listening

Fully
concentrating

Engaging

Responding

Remembering



Active Listening

Nonverbal Communication

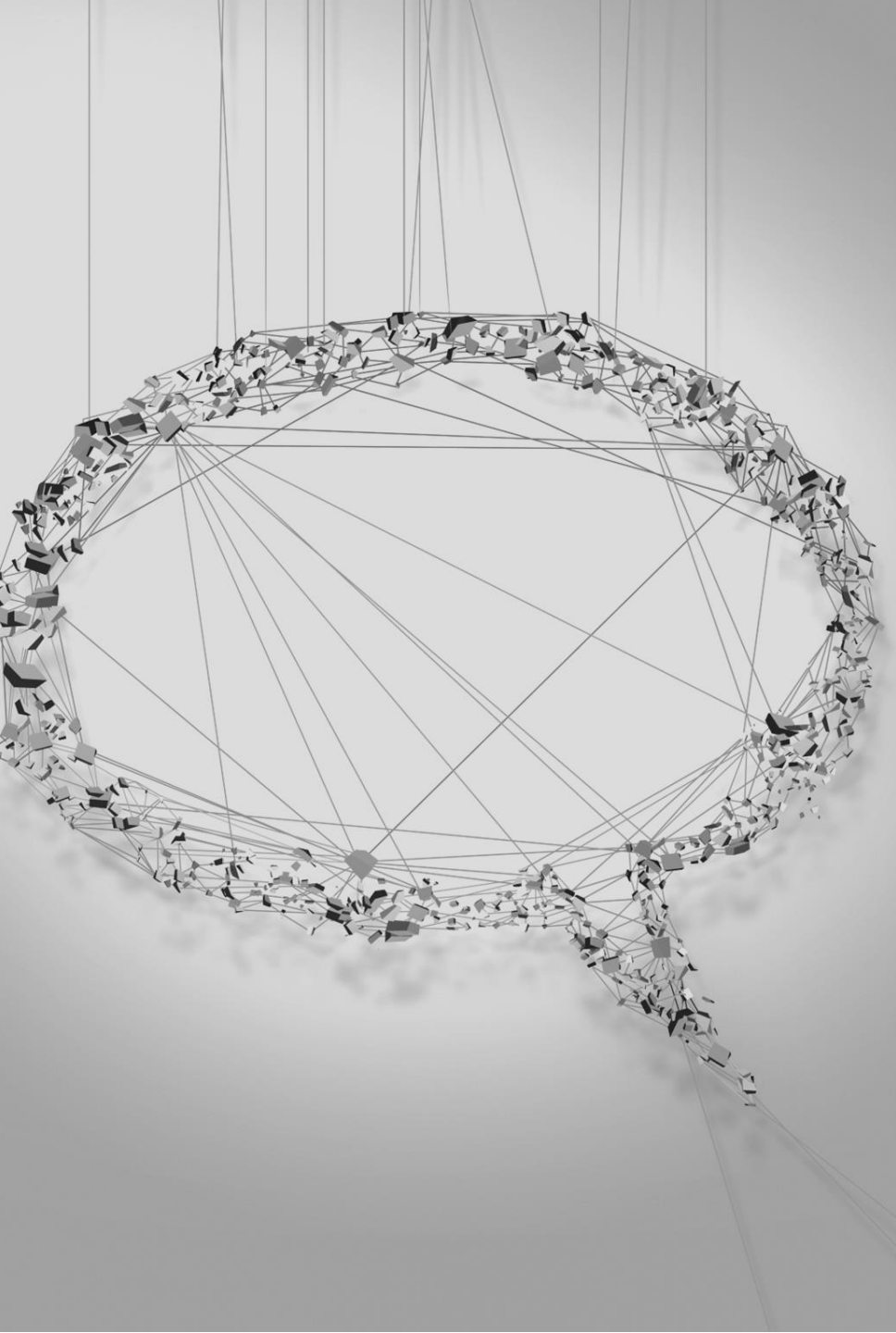
Facial expressions, eye contact, gestures, postures, body language.

Paraphrasing

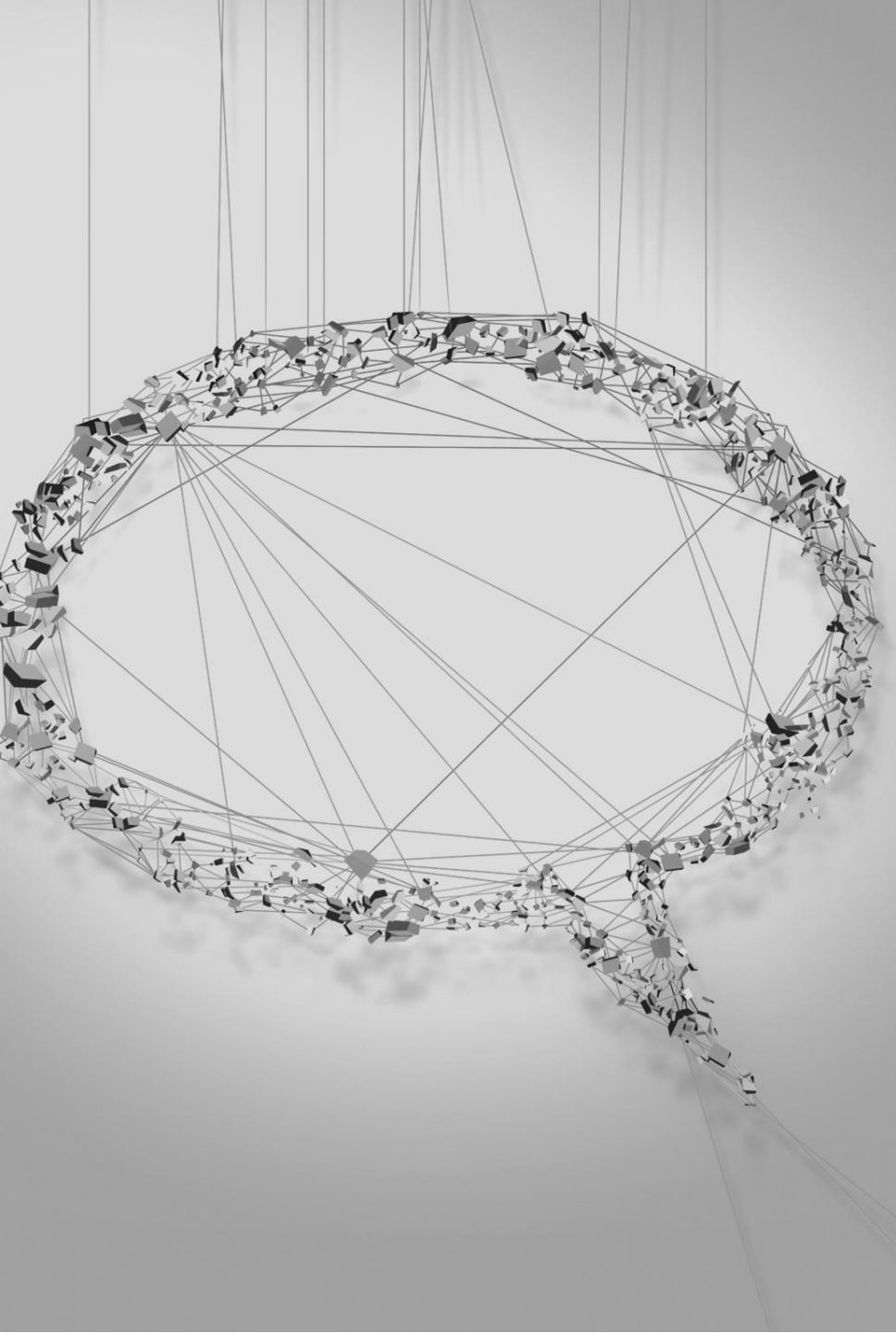
Summarizing or restating the speaker's message in your own words to check for understanding.

Empathy

Putting yourself in the speaker's shoes and seeing the world from their perspective. This involves curiosity and compassion.



Barriers



MENTI!!

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Encouragement

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Effective Encouragement

Specific

Sincere

Timely



AND

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Acknowledge Effort

&

**Use Positive
Language**

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**Let's hear from
The Bear.**

From PNJ News -Throughout the show's high-intensity kitchen scenes, you'll hear terms like "CORNER!" or "Yes, chef!" shouted out constantly.

In the fictitious Beef kitchen, Carmy's ***insistence on calling everyone in the kitchen "chef" as a sign of respect helps build community and confidence within his team.***

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2023-2024 VDSS - VCU GERO CCE CONFERENCES



FALL CONFERENCE - August 10, 10:00 AM - 12:00 PM
**Time Management is Burnout Management:
Co-Creating Community**



WINTER CONFERENCE - December 13, 10:00 AM - 12:00 PM
Person Centered Caring: Wellbeing for All



SPRING CONFERENCE - March 20, 10:00 AM - 12:00 PM
**Activities Development: Efficient and Effective
Approaches to Creating a Flourishing Activities Program**



SUMMER CONFERENCE - May 15, 10:00 AM - 12:00 PM
Supporting Wellbeing Across the Continuum



tinyurl.com/2023-2024-CONF

The mission of the Virginia Department of Social Services (VDSS) is to **design and deliver high-quality human services that help Virginians achieve safety, independence and overall well-being.**

The Division of Licensing Programs (DOLP) strives to protect the safety, health, and well-being of adults receiving care in non-medical day facilities and residential programs in the Commonwealth of Virginia.

DOLP oversees the licensure and monitoring of two types of adult care facilities: Assisted Living Facilities (ALFs) and Adult Day Care Centers (ADCC). The division also provides training and technical assistance to these facilities.

VDSS partners with Virginia Commonwealth University, Department of Gerontology, Community and Continuing Education to develop, update, and facilitate training programs for licensed Assisted Living Facilities, Adult Day Centers, adult licensing staff, and others interested in long term services and supports in Virginia.

This long-standing partnership provides quarterly trainings in addition to required certification training for trainers and trainees for medication management and Individualized Service Plans (ISP).

VCU Gerontology Community and Continuing Education

VCU Gerontology Community and Continuing Education Program provides routine trainings and conferences in partnership with the VA Department of Social Services.

We strive to connect, empower, and engage Virginia's eldercare workforce communities.

VCU Gerontology Community and Continuing Education

Our mission:

**“Equipping and affirming Virginia's
eldercare workforce community to
bring forth meaningful change”**

is the foundation of all educational
opportunities provided to care
communities and beyond. This action
statement embodies our goals, values,
and commitment to this work.

NEW! Visit for the VCU Gero CCE YouTube Channel: [youtube.com/@VCUGeroCCE](https://www.youtube.com/@VCUGeroCCE)

Check out our five-part series on **Compassion Fatigue**.

Upcoming series: **Leadership**

For archived trainings and webinar registrations, visit

<https://worldeventsforum.net/vcugerontology/>