

Motivace,
soutěž,
vztahy...

Win - win &
Smysluplná
spolupráce



Martin Hofman, 2021

MOTIVACE:

Hnací síla, energie, pohyb

Extrinsic Motivation



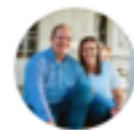
Intrinsic Motivation





- VNĚJŠÍ - odměna, trest, emoční odměna, “muset”
- VNITŘNÍ - smysl, vnitřní impulz, vnitřní autorita, naplnění esence, seberealizace, požitok, zvědavost, sebevyjádření, “chtít”

Platí to i pro učení?



Lauren Colliver Barnes
@realmrs_barnes



As teachers, we can enhance engagement and foster intrinsic motivation in our students by reducing control and encouraging more autonomy, promoting mastery of concepts, & providing a purpose for why learning about science matters! [#edt431](#) [#scienceteaching](#) [#Drive](#)
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MOTIVACE

Diskuze:

“Propojení vnitřní a vnější pozitivní motivace tvoří synergický efekt.”

Jak to mohu jako učitel použít?



MOTIVACE: tipy :)

- motivační tipy
- motivační nástěnka



MOTIVACE: tipy :)

10 tips

HOW TO MOTIVATE YOURSELF

- understand yourself**
- List what is disturbing you**
- Try to better the situation**
- Improve happiness level**
- Take the first step**
- get feedback**
- Be open to criticism**
- Reward yourself**
- start with small tasks**
- keep a gratitude journal**

COMPLETE ARTICLE
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10

MOTIVATION TIPS

- 1 SET YOUR GOAL**
Your training needs to have a purpose. Take the time to set your goal, and attach it to some strategies to achieve it.
- 2 FIND NEW CHALLENGES**
Set yourself up for some wins along the way by finding related fitness challenges.
- 3 BE HELD ACCOUNTABLE**
Elite athletes used a coach to keep them motivated, so do you. Find someone you can discuss your goals with and take them on to keep you accountable.
- 4 UNDERSTAND YOUR MOTIVATION**
Ask yourself "Why?". Make your goal personal and understand why it's important to you.
- 5 AVOID INJURY OR ILLNES**
Training safely with correct technique and exercise programming, dieting sensibly and focusing on recovery will help you avoid the pitfalls of exercise-related injuries and illness.
- 6 MONITOR YOUR PROGRESS**
Seeing results for not seeing results is a powerful motivator. The most effective monitoring is achieved by keeping it simple. Measure a value that's consistent & relevant to your goals.
- 7 ESTABLISH REWARDS FOR SUCCESS**
Establish a reward for your success in advance so you can see it and motivate throughout your training.
- 8 ESTABLISH CONSEQUENCES FOR NOT SUCCEEDING**
If you're going to reward ourselves for success, there should be consequences for not succeeding, right?
- 9 MIX THINGS UP**
Doing the same workout all the time can be demotivating. Keep things different, varied and fun.
- 10 DON'T LET SMALL SETBACKS STOP YOU**
Despite your best efforts you will encounter small set backs, we all do. Don't let them snowball. Address them early, move past them and get back on track as soon as possible.

5 Ways to Stay Motivated to Reach Your Goals

1. Change Your Mindset

You're not trying to be an athlete, you ARE an athlete!

2. Be Proud of Yourself

Pat yourself on the back for any small achievement you've made today.

3. Switch Things Up

The same old thing = boring. Stay motivated by trying something new.

4. List Your Whys

Don't lose sight of why you started. Keep a list front and center.

5. Give Yourself a Break

Mess up? So what! Forgive yourself and move on.



MOTIVACE: tipy :)

10 MOTIVATION TIPS FOR STUDY

1 SET YOUR GOALS

2 PLAN EVERYTHING

3 FOCUS ON THE END GAME

4 DO REWARD YOURSELF

5 REMEMBER YOUR STRENGTHS

6 ACKNOWLEDGE AND WORK ON YOUR

WEAKNESSES

7 LOOK AFTER YOUR MENTAL HEALTH

8 DREAM OF THE FUTURE

9 BE PRESENT IN THE MOMENT

10 ALWAYS BELIEVE IN YOURSELF



MOTIVACE: tipy :)

INSPIRE WELLNESS

5 Tips for Staying Motivated

We know sometimes the journey is hard, so encouragement, motivation & inspiration are essential. Here are 5 tips for staying motivated & inspiring wellness.

celebrate the journey

- Set smaller, achievable goals to give your path a boost
- Keep big, long term goals in sight by rewarding small successes each day

I think you should GO FOR IT!

find your wellness squad

- Find a workout buddy, or someone who will be your wellness warrior at work
- Tell people about your goals & journey, focusing on those who help you stay motivated & accountable
- Don't forget to celebrate achievements (big & small) with your support squad

consult health & fitness experts

- Seek out experts, like a personal trainer, registered dietitian & your doctor, to help support your wellness goals with advice, tips, training & more
- Schedule 15-minute or 30-minute check-ins to help you stay accountable & celebrate success

keep a wellness journey journal

- Journaling can help you look back & embrace your progress, past healthy goals (or not-so-good habits)
- Fill your journal with inspiration — add motivational quotes & photos to help keep you going

make wellness about healthy habits

- Make wellness a part of your lifestyle & identity, not just a goal that you are trying to achieve
- Embrace healthy habits as a part of who you are to make long-term health choices
- Make Friends & Family to start a wellness journey of like-minded, growing your healthy habits community

MOTIVATION is what gets you started
HABIT is what gets you there

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10 INSANELY ACTIONABLE GUITAR PRACTICE MOTIVATION TIPS THAT IMPROVE YOUR GUITAR PLAYING TODAY

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© Tom Boss Music Education

TIP #1 FIND NEW WAYS TO PLAY FAMILIAR GUITAR LICKS (AND TECHNIQUES)

Play guitar licks and techniques you already know with new phrasing and practice applying them in new contexts.



TIP #2 ASK YOURSELF THE SCARIEST QUESTION OF ALL TIME (FOR GUITARISTS)

What if you could not play guitar ever again? Imagine how you would then feel about all the missed opportunities you could have used for practicing.



TIP #3 USE THE 5-MINUTE TRICK TO BUILD GUITAR PRACTICE MOMENTUM

Pick up the guitar to practice just for 5 minutes and then give yourself permission to put it down if you don't feel like practicing more.



TIP #4 CREATE AN IMAGINARY DRILL SERGEANT

Imagine your favorite guitarist(s) cheering you on while you practice.



TIP #5 TURN GUITAR PRACTICE INTO A GAME

Track your musical progress with all the skills you practice. Challenge yourself to make more progress each week than you did the week before.



TIP #6 TRAVEL BACK IN TIME MENTALLY

Imagine if you gave up on guitar after 2 months of playing. You would never be the guitarist you are today. The more you procrastinate on your guitar practicing today, the less likely you are to become the guitar player you want to be.



TIP #7 GET ON THE GUITAR PLAYING SUCCESS TRAIN

Surround yourself with other musicians who are on the same mission as you.



TIP #8 TRAVEL FORWARD IN TIME

Visualize yourself playing the way you want to play and others admiring you for your awesome musical skills.



TIP #9 FLIP YOUR GUITAR PLAYING UPSIDE DOWN

Practice something you've never practiced before, explore a different style or learn a new song. Do something to get out of your normal practice routine and make your practicing feel new, fresh and exciting.



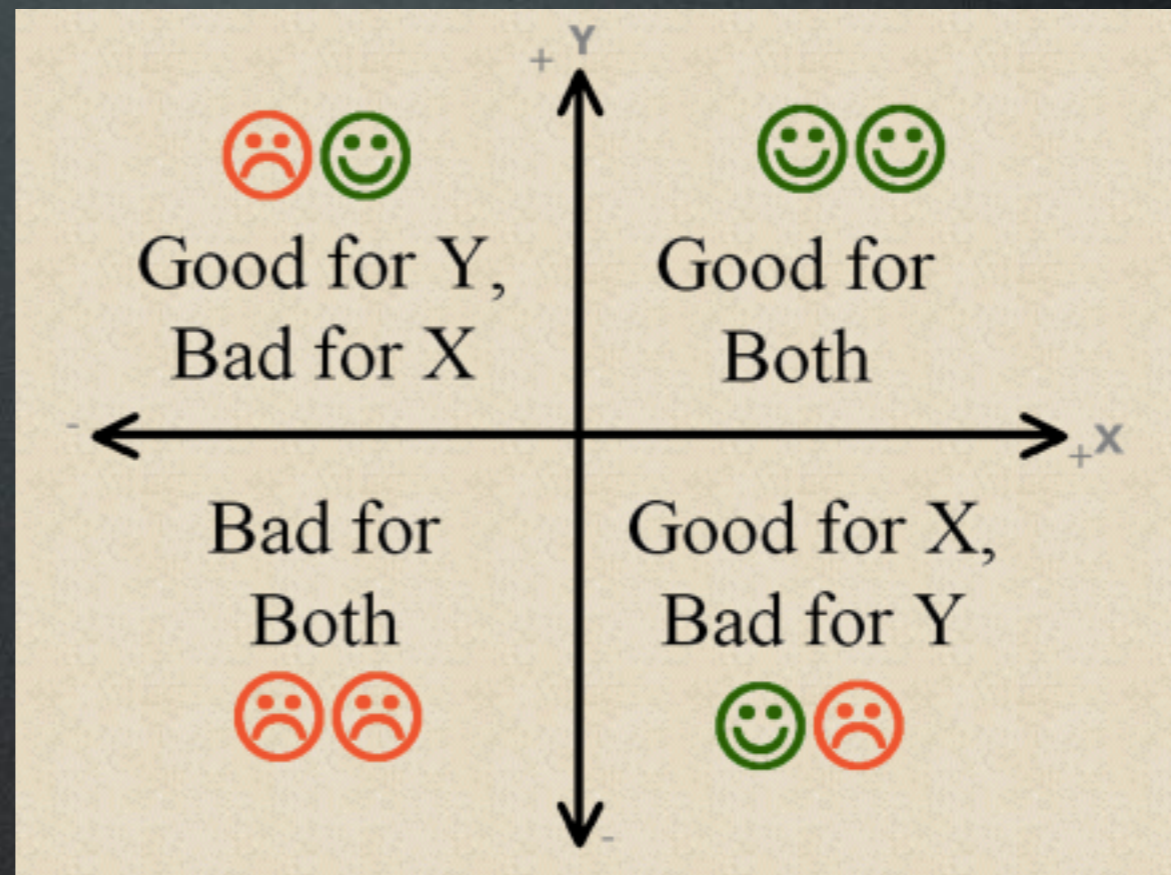
TIP #10 DO THE ONE THING MOST GUITARISTS NEVER PRACTICE

Practice integrating your musical skills together, so you feel like a musician instead of just a guitar player.



4 typy interakcí

- win - lose
- lose - lose
- lose - win
- win - win





win - lose

- **konfrontační** styl: vítězství jedné strany je prohrou druhé
- styl jednání je autoritativní
- cílem je zaměřit se jen na získání toho, co jedna strana chce, bez ohledu na potřeby ostatních.



lose - lose

- **kompromisní** styl: není plně uspokojena ani jedna strana.
- namísto usilování o výhru "kdo z koho" se strany dohodnou, že vzájemně sleví ze svých požadavků



lose - win

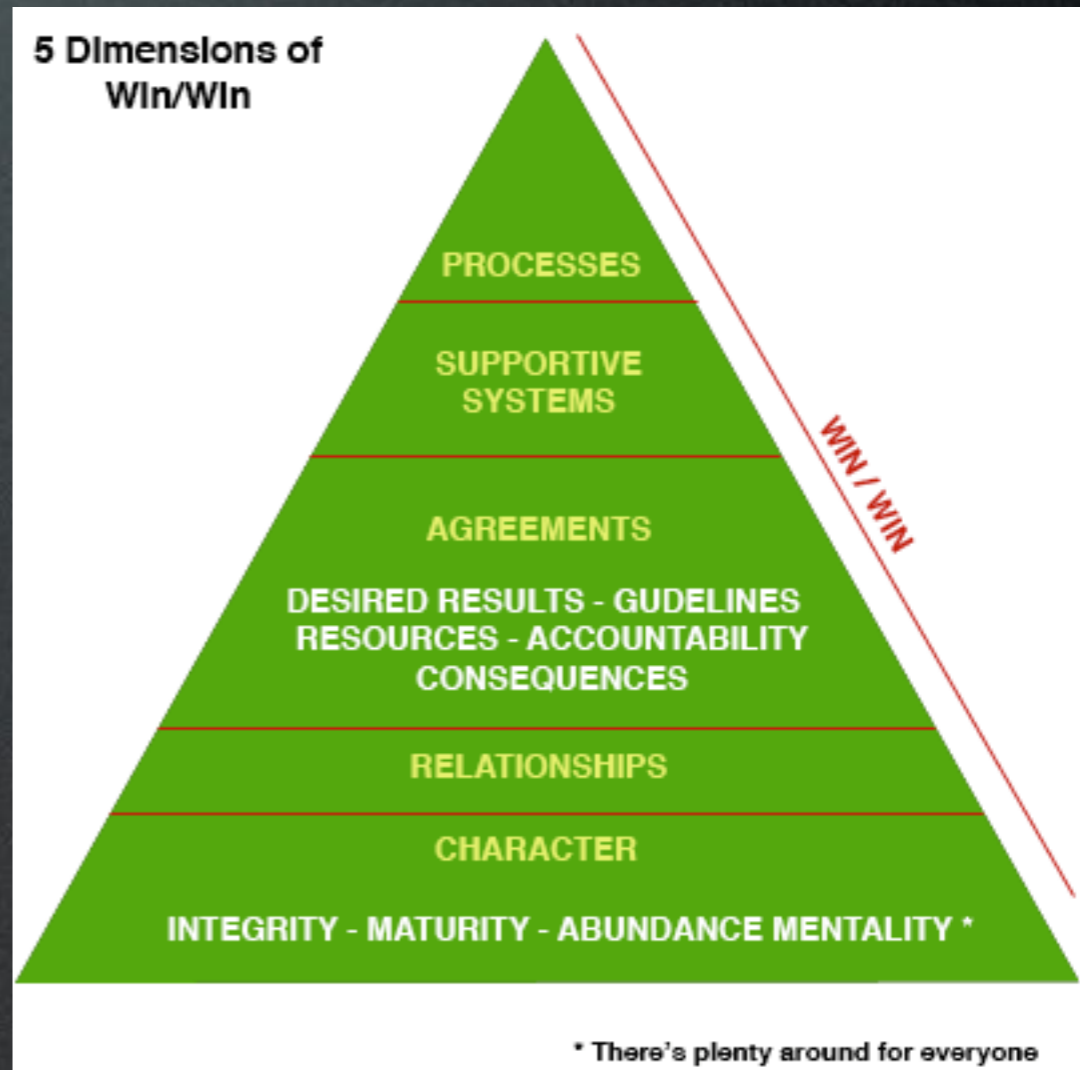
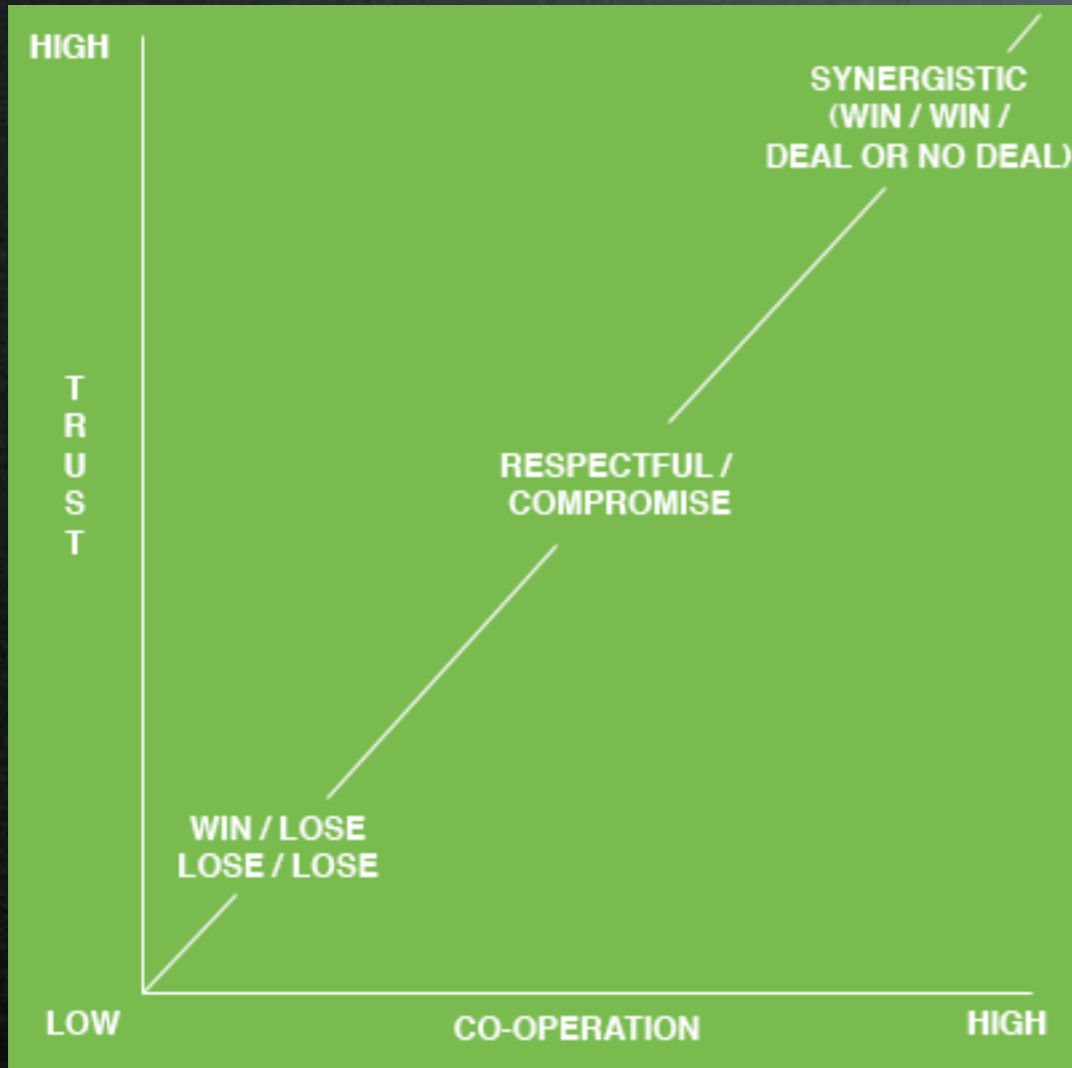
- "rohožkové" jednání
- jedna strana se snaží těžit výhody z principu podřízení (podlézání, citové vydírání)
- permisivita (porozumění a tolerance pro druhé bez kritických připomínek a odsuzujících komentářů a postupů)
- psychosomatické nemoci z potlačované zlosti



win - win

- **kooperativní** strategie: vzájemný prospěch, řešení, které není v přímém konfliktu s požadavky druhé strany
- výsledkem je uspokojení potřeb všech stran, ideálně se **synergickým efektem**: zisk z dohody přesahuje uspokojení potřeb zúčastněných stran
- podporuje dlouhodobé vztahy.

IT DOESN'T MATTER
IF YOU WIN OR LOSE
IT IS HOW YOU
— PLAY —
THE GAME



BIG WIN

OUR WORLD WINS

OUR SOCIETY WINS

OUR CUSTOMER WINS

OUR ORGANIZATION WINS

OUR TEAM WINS

OUR RELATIONSHIP WINS

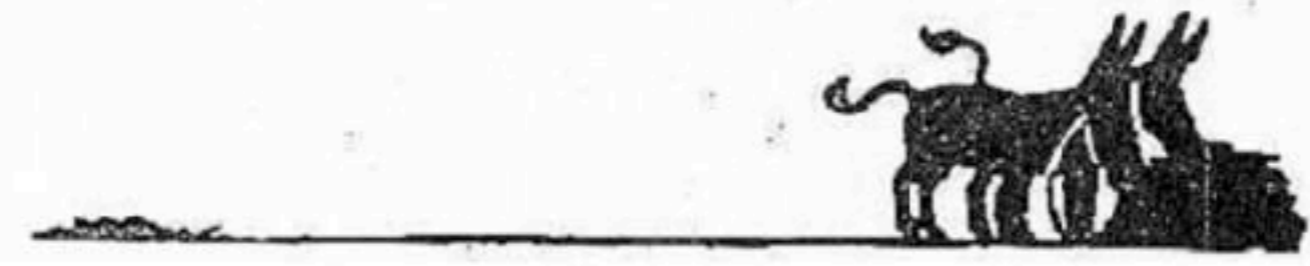
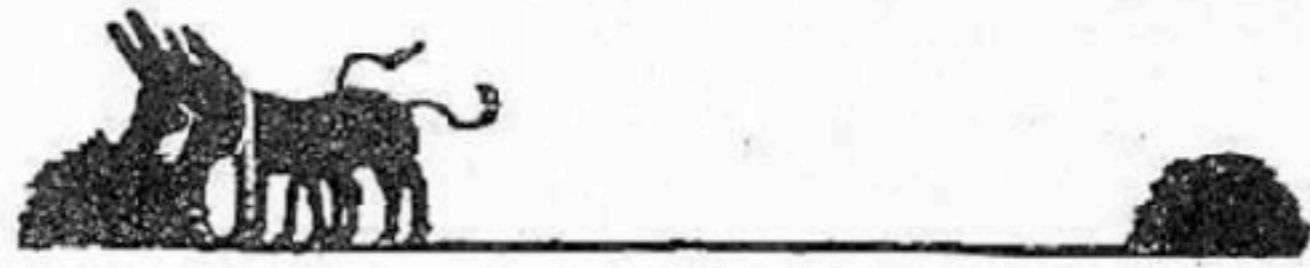
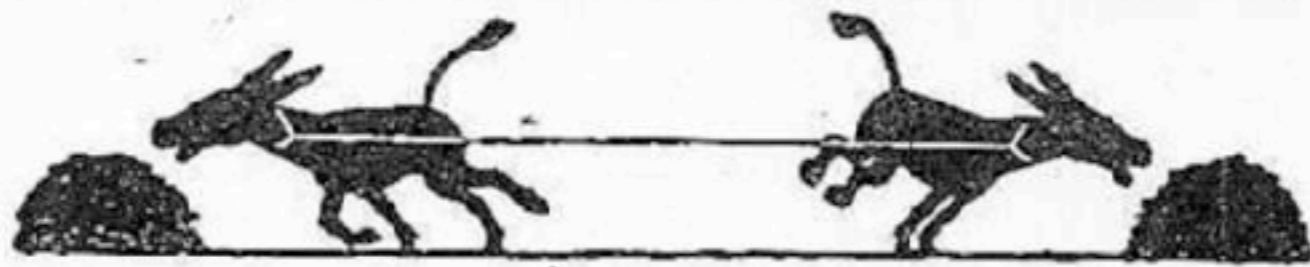
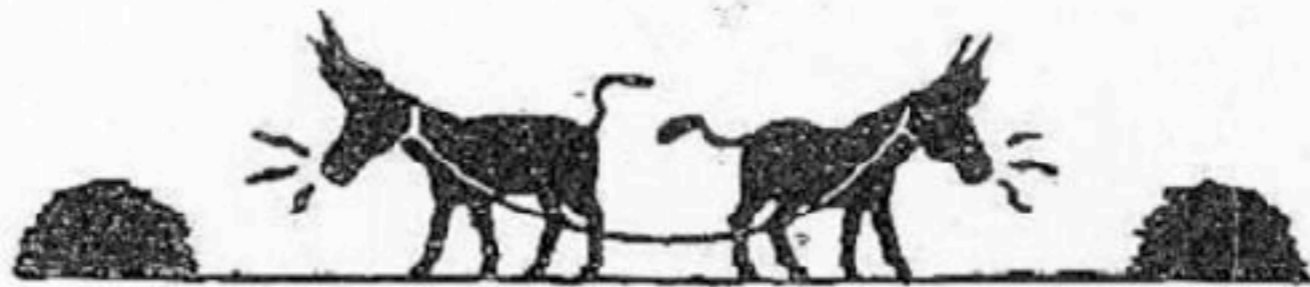


I WIN



YOU WIN





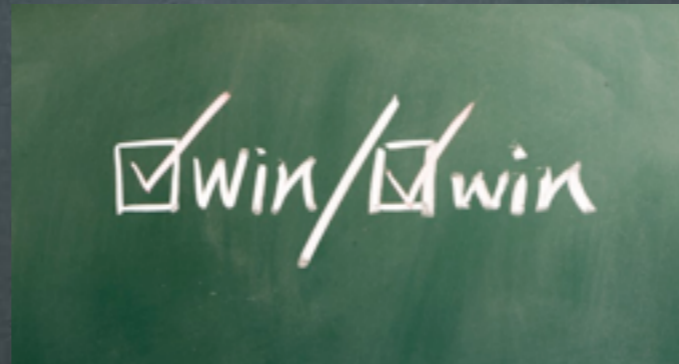
zdravá soutěživost

- agresio - pohyb vpřed, přirozená tendence
- umění unést - zvládnout výhru a prohru
- “výhra” i “prohra” jako příležitost k učení -
co si z toho mohu odnést?
- “výhra” i “prohra” se střídá
- hodnota “výhry” je relativizována

smysluplná soutěživost

- jest:
- ...
- ...
- ...

co je dobré reflektovat



- Jak jsme k úkolu přistoupili? co podporovalo de/motivaci?
- Jak se nám dařilo zapojit jednotlivé členy? co tomu ne/pomáhá?
- Jak jsme si rozdělili role, posloupnost činností a úkoly?
- Jak jsem se cítil já? Vnímám jsem, jak se cítili ostatní?
- Jak se řešily konflikty a opačné pohledy?
- Je výsledek smysluplný a efektivní?
- Naučil jsem se něco? co jsem se naučil? Co bych potřeboval jinak?



díky za pozornost!
hezký den :)