Motivating Yourself & Others

Being a student leader will mean at times your organization will look to you for motivation.

Here are a few ways to motivate the masses:

- **Approach activities as if they are required.** Phrases such as “We need to…” or “In order to be successful, we have to…” may imply that holding back just isn’t an option. This motivator can work well with mundane parts of meetings such as signing up to work events or projects.

- **Be the most positive person in the room and it will rub off!** In some ways you are a salesperson, selling your group’s mission and/or vision. Nothing is quite as motivational as someone who is obviously excited and positive about the work that he or she does!

- **Care.** Nothing takes the place of caring. If you are concerned about someone, take that person aside and talk with him. As a result, he may become more connected to the organization through his connection with you.

- **Approach fun activities with enthusiasm.** Even if you have done the same icebreaker already or you’re sitting through the same program again, get excited!

- **Get them involved!** Nothing is as motivational as the pride and sense of ownership that results when you are directly involved.

Staying Motivated

Being a student leader can be draining. You might, at times, lose your motivation to keep up the good work.

Here are some quick tips to help motivate YOU!

- **Identify Incentives** – Tell yourself that, if you get your tasks done, you can treat yourself to an hour of your favorite TV show or time with your friends.

- **Seek Your Advisor** – since you motivate your organization members it only makes sense that when you need energized you look to your group advisor.

- **Break It into Chunks** – A big task can feel overwhelming, yet if you break it into smaller parts it can feel more manageable.

- **Use the Buddy System** – Partner with someone who needs your support in accomplishing a goal and ask her to support you with your goals.

Top 5 Motivational Tricks

◊ Really listen to people and reflect that back to them through your verbal and non-verbal actions

◊ Refer to something that person said earlier

◊ Let people know that you value their opinions

◊ Lead by example – share during activities to encourage others to do the same

◊ Laugh at their jokes