



MIND GAMES

The Art and Science of Highly Motivated and Top Performing Project Managers

Johanna Quintero & Ryan Anderson 2019 Project Management Symposium

AGENDA

- . Creating Motivation
- Life Cycle of Motivation
- . Maintaining High Performance
- . Questions





The Myth

Motivation is created or caused by outside forces.





Creating Motivation

Motivation is like milk: it expires



Life Cycle of Motivation



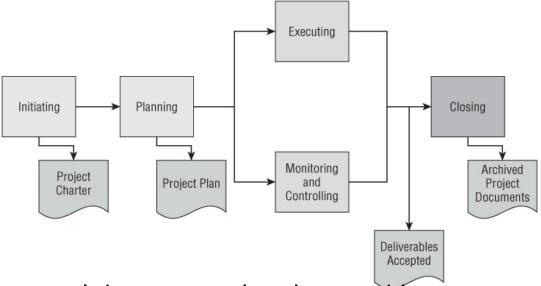


From this

To this

Life Cycle of Motivation

Project Management Processes: Start to Finish



It is not enough to have an idea; you have to bring yourself and your team to action.

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Life Cycle of Motivation

To increase action orientation to action

To increase commitment to high performance

PLANING

Be clear
Be focused
Be calm
Visualization

EXECUTING

Celebration
Small Rewards
Small Actions
Increase trust
Being positive
Having Empathy

CLOSING

Celebration
Quantity and
Quality Rewards
Communication
Feedback

Idea to Action Orientation

INITIATING

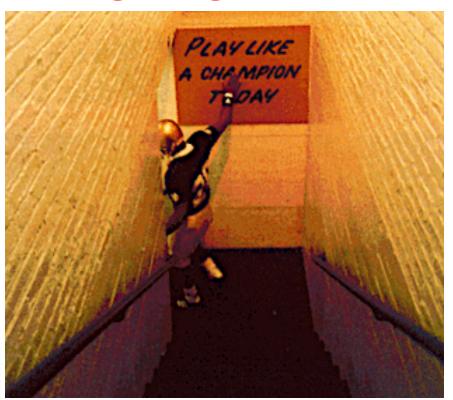
Emotions
Thinking
Risk Vs Rewards
Memories
Beliefs

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To increase commitment to action



Maintaining High Performance





Maintaining High Performance



High-performing teams are those which:

- Set goals,
- Make decisions
- Communicate
- Manage conflict
- Solve problems in a supportive, trusting atmosphere in order to accomplish their objectives.

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