

A good learning experience leads to motivation

Instructional style can make a big difference in the amount of learning and behavioral change that takes place. To that end, it is best to make learning fun and engaging so participants will be motivated to learn about and practice wellness.

Occasionally participants are naturally enthusiastic about learning, but more often they need a facilitator to inspire, challenge and stimulate them.

There is no single formula for motivating people to engage in wellness behaviors. There are simple tips, however, that facilitators can use to provide a good learning experience in which everyone can overcome their challenges and reach their goals.

Tips and Strategies to Motivate Participants

- ✓ Make learning fun through interactive questions and activities.
- ✓ Show participants the relationship between doing an activity and a desired outcome.
- ✓ Help participants find personal meaning and value in the material.
- ✓ Help participants feel that they are valued members of the group.
- ✓ Give opportunities for successful completion of tasks that are neither too easy nor too difficult.
- ✓ Give frequent, early, positive feedback.
- ✓ Allow participants some control over aspects of the learning process by choosing tasks or stating opinions.
- ✓ Help participants set achievable goals.
- ✓ Be enthusiastic about the subject.



Reference:

Medalia, A. 2009. Enhancing Motivation and Engagement. *Team Solutions*. Pages 7-8.