Garnet
Garnet Global Training Center

GGT-PS-104

Workplace Psychology & Behavioural Science

# Motivation Science at Work

علم التحفيز في بيئة العمل

| Duration | Language | Formats | Hours | Level |
|---|---|---|---|---|
| **5 or 10 days** | **English or Arabic** | **Classroom, online, in-house** | **35 / 70** | **Intermediate (practitioner)** |

## Overview

Motivation Science at Work turns established good practice into step-by-step methods that participants rehearse in exercises and then apply at work. Apply behavioural science to motivation, decisions, safety and wellbeing at work. You can join a public session in one of 20 cities or live online, in English or Arabic, or bring the course in-house with examples from your own operations.

## What you will be able to do

- Apply the methods and standards of Motivation Science at Work to real tasks.
- Avoid the mistakes that most often cause rework or failure.
- Share good practice with your team.
- Use the right tools, checks and calculations step by step.
- Diagnose common problems and identify root causes.

## Who should attend

HR and L&D professionals, managers, safety leaders and organisational development teams. Practitioners with one to five years of experience benefit most.

## Key topics

- How people decide
- Motivation and engagement
- Behaviour change methods
- Assessment tools
- Wellbeing at work
- Ethics in applied psychology

## Formats and fees

| | |
|---|---|
| 5-day classroom | **USD 4,750** |
| 5-day online | **USD 2,950** |
| 10-day classroom | **USD 8,950** |
| 10-day online | **USD 5,450** |
| In-house | **Quotation per group** |

Fees per participant, excluding VAT.

## Register or ask

**WhatsApp:** +971 56 674 7382

**Email:** info@garnettrainings.com

**Training:** training@garnettrainings.com

**Web:** garnettrainings.com

Sharjah Publishing City Free Zone, Sharjah, UAE

## Certificate

Participants who attend at least 90% of sessions and complete the final assessment receive a certificate of completion stating 35 contact hours (5-day) or 70 contact hours (10-day).

## 5-day outline

### Day 1 Motivation Science at Work: principles and standards

- How people decide
- Hands-on workshop on a workplace challenge

### Day 2 Methods and tools in practice

- Motivation and engagement
- Behaviour change methods

### Day 3 Diagnosis and problem solving

- Assessment tools
- Common mistakes and how to avoid them

### Day 4 Quality, safety and documentation

- Wellbeing at work
- Regional and international case studies

### Day 5 Workshop, assessment and action plan

- Ethics in applied psychology
- Checklists and templates to take away

## 10-day outline

### Day 1 Motivation Science at Work: principles and standards

- How people decide
- Hands-on workshop on a workplace challenge

### Day 2 Methods and tools in practice

- Motivation and engagement
- Behaviour change methods

### Day 3 Diagnosis and problem solving

- Assessment tools
- Common mistakes and how to avoid them

### Day 4 Quality, safety and documentation

- Wellbeing at work
- Regional and international case studies

### Day 5 Workshop, assessment and action plan

- Ethics in applied psychology
- Checklists and templates to take away

### Day 6 Advanced techniques and specialist practice

- Complex cases in depth
- Group discussion and peer review

### Day 7 Digital tools, data and automation

- Analysis tools and software
- Using AI in this field

### Day 8 Benchmarking against international practice

- Global performance benchmarks
- Measurement and reporting

### Day 9 Capstone project

- Analyse a real challenge from your organisation
- Build the solution and implementation plan

### Day 10 Presentations, final assessment and certificates

- Project presentations and review
- Final exam and certificate award

## Schedule 2027–2030

| Dates | Format | City | Language | Fee (USD) |
|---|---|---|---|---|
| 15–19 Feb 2027 | 5-day classroom | Singapore | English | 4,750 |
| 20 Jun – 1 Jul 2027 | 10-day classroom | Amman | English | 8,950 |
| 4–8 Oct 2027 | 5-day classroom | Geneva | English | 4,750 |
| 8–12 Nov 2027 | 5-day online | Live online | Arabic | 2,950 |
| 17–28 Jan 2028 | 10-day online | Live online | English | 5,450 |
| 20–24 Mar 2028 | 5-day classroom | London | English | 4,750 |
| 16–20 Oct 2028 | 5-day classroom | Dubai | Arabic | 4,750 |
| 4–15 Dec 2028 | 10-day classroom | Istanbul | English | 8,950 |
| 18–22 Mar 2029 | 5-day classroom | Muscat | Arabic | 4,750 |

| Dates | Format | City | Language | Fee (USD) |
|---|---|---|---|---|
| 20–31 May 2029 | 10-day classroom | Cairo | Arabic | 8,950 |
| 3–7 Sep 2029 | 5-day online | Live online | English | 2,950 |
| 4–8 Nov 2029 | 5-day classroom | Riyadh | English | 4,750 |
| 4–8 Mar 2030 | 5-day classroom | Dubai | English | 4,750 |
| 5–16 May 2030 | 10-day classroom | Jeddah | English | 8,950 |
| 15–26 Jul 2030 | 10-day online | Live online | English | 5,450 |
| 16–20 Dec 2030 | 5-day classroom | London | English | 4,750 |

Customised and in-house versions of this course are available on request. garnettrainings.com/en/customise/