



I have to say David is one of the most inspiring people I have ever met, the course gave me a lot of ideas and actually made me think about how I make decisions and how I let others affect me. David made the course thoroughly enjoyable by providing examples, using illustrations and getting everyone to feel comfortable to participate without being pushy. David also gave me a lot to think about personally and inspired me to think about training/teaching - I love training and it gave me ideas for the future on how I could expand on what I am doing now.

After coming back from the course, the tools and knowledge I gained from David I implemented into the training with my benefits group. Not every day but at least a few times a week we talk about the concept of motivation and how to apply this in the workplace. One of the biggest things I implemented was to establish what motivates each of them and that can then help me tackle the training differences, this just involved a quick group discussion to enable me to find out more about them and what drives them. They have all really taken this on board and regularly talk about the tools suggested about motivating themselves (telling themselves they are going to have a good day each morning, smiling and interacting with colleagues) and are a really positive upbeat group. I have even named the group the 'Benefit Bees' after retelling them an inspiring story David told us regarding how bumble bees can fly.

It's the little things that often make the biggest difference and I can see some of the group having a change in attitude since we first started the training from being a bit negative to appearing more upbeat and positive. I think the whole office should benefit from us being on the course as I have certainly enjoyed sharing it with the trainee and it's given me a boost.



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