



INSTITUTE OF THE  
MOTOR INDUSTRY

# Motivation, Mental Health & The Motor Industry

Will be starting in a few minutes



# Agenda

- Introductions by James Scoltock – Editor, MotorPro Magazine
- Challenges we face with our mental health during lockdown
- How to get over your mental health hurdles
- Tips & Tricks to help you stay motivated
- Q&A
- Finish

# Panellists

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**Carl Williams**

Director

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**Jimmy Elliott**

Mental & Resilience Coach

# Challenges we face with our mental health during lockdown

- Uncertainty
- Media information overload
- Change and adapting to change

# How to get over your mental health hurdles

- Attribution theory
- Exercising and maintaining a healthy lifestyle
- FOCUS – Feel, Observe, Control, Use & Succeed
- Framing techniques
- Mindfulness
- Keep communicating

# Find what motivates you

- Intrinsic vs extrinsic motivation
- Goal setting = 3 types
  - Outcome = results you want
  - Process = behaviours you want to use
  - Performance = standards you want that make the difference
- Performance + Process = Overall Outcome.
- all goals, whether outcome, process, or performance goals, need to be SMART: Specific, Measurable, Attainable, Relevant, and Time-bound.

# Tips & Tricks to stay motivated

- Focus on what you want to achieve during this time
- Keep to a time table
- Learn a new skill or take up a new hobby

# Useful links

- IMI COVID-19 Hub

[www.theimi.org.uk/landing/covid-19/](http://www.theimi.org.uk/landing/covid-19/)

- Ben

<https://ben.org.uk/>

- Mind

[www.mind.org.uk/](http://www.mind.org.uk/)



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# Special thanks to our Panellists



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**Thank you for joining us.**



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