

## **REBOOT ARTICLE: Self-efficacy & Motivation**

The [Reboot project](#) brings together partners from 4 European countries and aims to increase the employability potential of unemployed Higher Education graduates through free, online training material focusing on the development of soft skills and non-cognitive skills.

The module content for the project includes the development of self-efficacy and motivation as a means of enhancing their employability skills.

*So, what is meant by self-efficacy?*

Ultimately, it is the belief in oneself and an ability to develop effectively. We can agree that in these times of uncertainties, we must ensure that we develop these very important skills to maximise our chances of finding employment. Here, at Inova Consultancy, we conducted a very successful training programme as part of the Reboot project, to recognise the importance of self-efficacy and motivation as key skills in individuals personal and professional development.

One of the activities that participants took part in was a mindfulness exercise whereby individuals learn how valuable meditation is and the benefits of adding it to our daily routines. It can help us become more productive and mindful. Self-efficacy and mindfulness are closely linked, both concepts are based around the process of self-awareness and reflection, allowing oneself to be in the “present moment”. Mindfulness techniques have shown to be effective in innovation and helping to create possibilities and different avenues for growth.



(Image source: [www.medium.com](http://www.medium.com))

When you utilise mindfulness techniques daily, it can also help you to focus on your personal and professional performance and goals. Some claim that it makes them more emotionally intelligent and improves their creative thinking. Workwise, motivated employees demonstrate a good work ethic, have an incentive to prosper and are often more committed to meeting company goals and increasing profits.



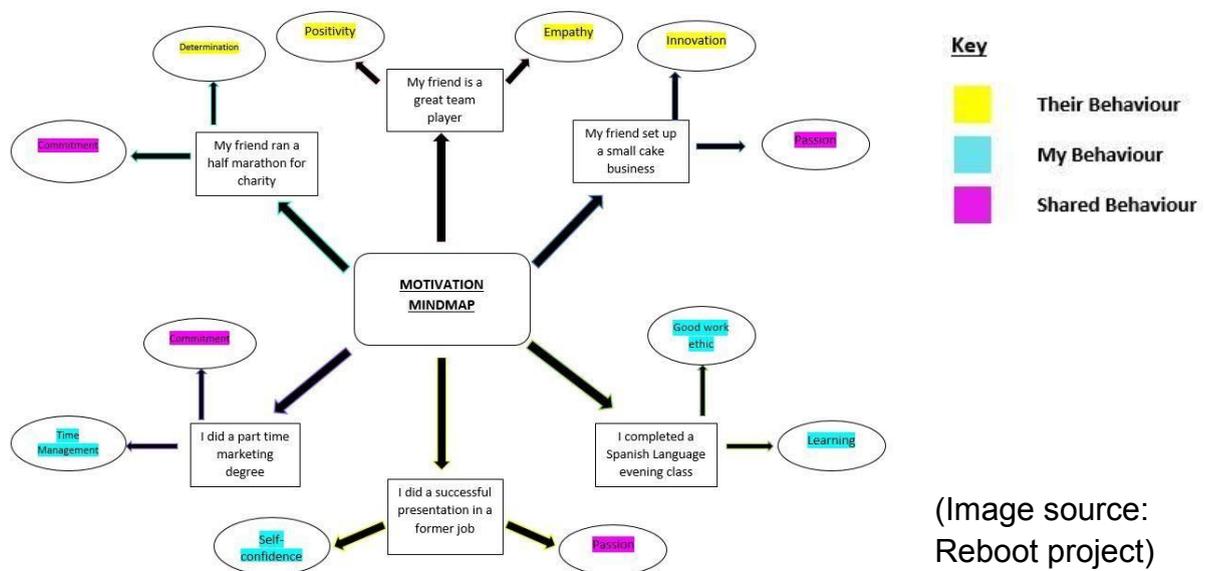
(Image source: www.unsplash.com)

Other benefits include:

- Increased motivation
- Greater happiness
- Enhanced energy levels
- Higher attention span

*So, how can you try to introduce meditation into your everyday routine?*

The exercise carried out by participants in the project involved creating a mind map as part of a self-analysis process in order for participants to identify what their drives were.



(Image source: Reboot project)

It was an effective activity that helped participants find out how they have been motivated in their behaviour and highlight their unique motivation traits in order to use this to their advantage when finding a job.

So, whether you are a fresh graduate or someone who has been in the job market long term – we can agree that job hunting is tough. Employers are often looking for skills that go beyond qualifications, to be successful in most roles, you will need to build your 'soft skills' which are transferable to many employment sectors. Amongst these skills are self-efficacy and motivation, both associated with one's self-belief which fosters personal successes that, in turn, develops a stronger understanding of yourself and the ways in which you can increase your chances of employability.

Visit our website to learn more about soft skills and take part in our online training modules: [www.reboot-project.eu](http://www.reboot-project.eu)

If you want to do further reading and reflect on these skills, click on these links:

1. **Dad and daughter inspire with morning affirmations**  
<https://www.youtube.com/watch?v=zNtPVgblzWY>
2. **Jessica's Daily Affirmations**  
[https://www.youtube.com/watch?v=7o\\_KfrPNwbY](https://www.youtube.com/watch?v=7o_KfrPNwbY)
3. **Mindfulness Meditation - Guided 10 Minutes**  
[https://www.youtube.com/watch?v=6p\\_yaNFSYao](https://www.youtube.com/watch?v=6p_yaNFSYao)
4. **Mindfulness and Self-Efficacy**  
[https://saylordotorg.github.io/text\\_leading-with-cultural-intelligence/s07-04-min-fulness-and-self-efficacy.html](https://saylordotorg.github.io/text_leading-with-cultural-intelligence/s07-04-min-fulness-and-self-efficacy.html)
5. **More Motivated in Minutes: 5 Science-Backed Tricks To Get You Going – Buffer**  
<https://open.buffer.com/increase-your-motivation-tips/>
6. **7 Ways to Motivate Yourself to Work Hard When You're Really Not in the Mood – The Muse**  
<https://www.themuse.com/advice/7-ways-to-motivate-yourself-to-work-hard-when-youre-really-not-in-the-mood>
7. **Motivation: The Scientific Guide on How to Get and Stay Motivated – James Clear**  
<https://jamesclear.com/motivation>
8. **How To Stay Motivated And Productive When You're Unemployed – She Owns Success**  
<https://www.sheownssuccess.com/career/how-to-stay-motivated-and-productive-when-youre-unemployed/>