## Exercise #15: Motivating Best Practices: Self Reflection/Your Influencers

In this final exercise, please reflect upon what motivated you to increase your performance or what events motivated you in general at work. If you have had a lot of work experience think about your past managers and 5 things that they did that really motivated you. Why? Because we can then think about how to motivate our teams using the same methodology.

If you want, contact or meet your prior supervisor or supervisors for a coffee and ask them how they motivate their teams. They will be so flattered that you asked them. I just had lunch with Lisa from Goldman who was the best manager I have ever had; she really knew how to motivate all of us.

If you don’t have much work experience, then for this exercise, please just read the following 3 sources of the best companies to work for and then list 5 best practices from these 3 surveys that you think would motivate your employees. Alternatively, list 5 things taught in this course that, if implemented, could help to motivate your employees.

1: <https://www.glassdoor.com/Award/Best-Places-to-Work-LST_KQ0,19.htm>

2: <https://www.cnbc.com/2017/07/11/the-15-best-places-to-work-in-2017.html>

3: <https://www.bizjournals.com/sanfrancisco/news/2017/04/14/bay-area-companies-best-places-to-work-2017.html>

**5 Motivation Best Practices to Implement on Your Team:**

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Thank you; I hope you enjoyed it!  
Chris