

Facilitating Motivation and Well-Being:
Research and Practical Strategies from Self-Determination Theory

In this workshop Dr. Richard Ryan will introduce the framework of Self-Determination Theory, both its basic principles and the applied practices stemming from it. As both a clinical psychologist and consultant, Dr. Ryan will also discuss the interpersonal processes involved in facilitating motivation and development using autonomy support, scaffolding, and mindfulness. The workshop will have utility for all motivators, including parents, teachers, managers, coaches and counselors.