

# MOTIVATIONSLYFTET – A SELF-LEADERSHIP PROGRAMME

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**MOTIVATIONS  
LYFTET**  
BY Star for Life 

## ORGANISATION

# WE STRENGTHEN CHILDREN AND YOUTH'S SELF-LEADERSHIP SKILLS

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Motivationslyftet by Star for Life empowers Swedish children and youth by offering primary and secondary schools a structured and research-based method and teaching materials that train students' self-leadership in the areas of schoolwork, health and participation in a democratic society.

Star for Life started its operations in South Africa in 2005 and has since expanded to additional regions and countries. In 2013, work began to develop the activities in Sweden and to adapt the methodology and programme to the Swedish school.

The Motivationslyftet methodology is based on the overall goals of the Swedish curriculum, the United Nations Convention on the Rights of the Child and the United Nations Sustainable Development Goals.



WHY IS MOTIVATIONSLYFTET NEEDED?

# THERE IS NO SHORTCUT TO BETTER WELL-BEING

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Just as physical exercise builds muscles and endurance, self-leadership training strengthens the concrete skills and abilities needed for both children and adults to perform well and stay healthy in today's society. And just as with physical training, the results of the training are a matter of consistency and continuity.

Thankfully, the brain is plastic and can be trained regardless of age and starting point. Motivationslyftet's aim is to train young people's ability to reach their full potential in a sustainable manner while improving their health and well-being.

We live in a time of rapid change and countless choices that place high demands on us. Many recruiters today value personal competencies equally highly as professional qualifications. Resilience, self-leadership and creative problem-solving are qualities that are sought after by the employers of the future.

The total cost of mental illness in Sweden amounts to 70 billion SEK

annually. The National Board of Health and Welfare reports that mental illness in children aged 10–17 has increased by over 100% in ten years, while rising numbers of youth are leaving school without adequate knowledge and skills to meet the demands of the workforce.

We are convinced that consistent and long-term efforts to increase young people's self-leadership will lead to better health and strengthen students' capacity to build a life that is of value to them. Schools need to equip young people with the skills they need not only to survive but to thrive, both in adult life and in the labour market.

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+100%

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# CONCEPT

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Motivationslyftet is a method and teaching materials that gives schools the opportunity to work in a structured way with value-based self-leadership and motivation training for both students and staff.



## HOLISTIC APPROACH

We believe that students' development rests upon educators' engagement. To achieve a long-term impact, all staff at Motivationslyftet's partner schools are trained before they begin implementing the method with the students.



## INCLUSION

The material is structured in such a way that exercises can be adapted and shaped to meet the needs of the student group. The method is therefore also suitable for pupils in need of special support.



## CONTINUITY

Motivationslyftet is a preventive programme in which students participate in scheduled lessons based on the material at least once per week. Additionally, teachers are supported to integrate theoretical perspectives and practical tools from the programme into all school subjects.



## SUSTAINABILITY

The organisation employs school strategists who work alongside their teaching jobs to implement Motivationslyftet in schools in their respective regions. During the initial three-year implementation phase, the school strategists work closely with the school leadership and responsible educators to build the school's capacity to deliver the programme. Subsequently, the aim is for the schools to manage the implementation of the programme themselves.

# METHOD

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Motivationslyftet is symbolised by a star with five points that correspond to the programme's five teaching modules. In each module, the students acquire new knowledge and train several mental skills using different approaches and tools. Motivationslyftet's method is based on psychological working methods and scientific research, and is rooted in three scientific fields: psychological research, brain research and educational research.



## MODULE 1 **VALUES AND GOALS**

This module is about understanding why our brain needs concrete goal images and dreams in the short and long term. What is the relationship between our values, decisions and behaviours, and how do our subconscious values influence our thoughts and actions?

## MODULE 2 **MOTIVATION AND INCENTIVES**

Our emotional incentives can influence our motivation and propel us from thoughts to action. Like a New Year's resolution, our commitment to a goal may be strong in one moment but lose its power shortly thereafter. Module 2 is about how to keep our motivation up over the long term.

## MODULE 3 **WILLPOWER AND DECISION-MAKING**

This module focuses on exploring and taking

control over our personal willpower. How do stress and peer pressure, for example, affect the decisions we make in our daily lives? Students train their decision-making skills in practical situations that involve peer pressure, decision-making anxiety and ambivalence.

## MODULE 4 **HEALTH AND LEARNING**

The brain needs sleep, nutrition, water and exercise to function well. It needs to be activated and challenged in order for us not only to remember what we have already learned but also to develop further.

## MODULE 5 **COMMUNICATION AND SUSTAINABLE DEVELOPMENT**

This module aims to create conditions for cooperation and communication. Students practice skills such as empathy, effective communication and conflict management.

# PROGRAMME

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The method is based on holistic thinking, continuity and inclusion, which means that all school staff, students and parents are engaged in the work to ensure sustainability and longevity.



## STAFF TRAINING PROGRAMME

- The staff training programme is based on the content of the school programme and all school staff participate in five training workshops.
- Between these workshops, the participants complete practical tasks together with a "coaching partner".



## INFORMATION AND WORKSHOP MATERIALS FOR GUARDIANS

- Information and inspirational materials for parents and guardians are available for each module of the programme.



## STUDENT PROGRAMMES

- Age-adapted for elementary school to high school students.
- The programme consists of five modules.
- Students participate in at least one scheduled lesson per week.

# QUALITY ASSURANCE AND RESEARCH

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To make sure that the programme is producing the expected results, we carry out regular and systematic evaluations.

Motivationslyftet monitors and ensures the quality of our work through clear implementation procedures, regular planning meetings with schools and comprehensive training of all school staff. Furthermore, the programme is monitored through ongoing measurements carried out with both students and educators, and we continuously work to improve our methods to accurately measure the impact of the programme on students and staff.

Motivationslyftet's goals and expected results are captured in our theory of change, which describes in a sche-

matic way how we believe our work in schools can lead to the desired changes and developments among students and in schools. Meanwhile, our logframe analysis emphasises the importance of a close collaboration between Motivationslyftet, schools and partners in order to achieve the greatest possible impact.

So what do we mean by change? How do we measure change? How do we know if Motivationslyftet is successful in reaching our targets and goals? To answer this, our evaluation strategy rests on the following three pillars:



## MONITORING

We will ensure that we are implementing all programme components at a consistently high level of quality.



## EVALUATION

It is our goal to carry out a comprehensive analysis after 36 months to test the programme's effect. More limited diagnostic 'samples' will be carried out between 18–24 months of programme implementation.



## RESEARCH

We aim to engage independent university researchers to conduct theory-driven research on Motivationslyftet's programme.

# IMPLEMENTATION

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It is important for us that each step of the implementation process is carried out according to plan. We carefully review the methodology with all school staff to ensure that they feel confident and secure in implementing it, so that it in turn will be well received by students and parents/guardians. Our regional School Strategists are with us every step of the way.





## SHORT INTRO TO MOTIVATIONSLYFTET

Motivationslyftet by Star for Life is a non-profit, apolitical and religiously independent organisation that empowers Swedish children and youth by offering primary and secondary schools a research-based method and teaching materials that train students' self-leadership in the areas of schoolwork, health and participation in a democratic society. Motivationslyftet's methodology is based on the overall goals of the Swedish curriculum, the UN Convention on the Rights of the Child and the UN Sustainable Development Goals. Taking a holistic approach, the programme engages all students as well as all staff and school leadership, parents and guardians. By training students' social, emotional and mental skills in a structured and continuous way, the method aims to strengthen children and young people's capacity to succeed in life while also staying healthy and maintaining a good well-being – now and in the future.



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[www.motivationslyftet.se](http://www.motivationslyftet.se)

