

Essay on nursing leadership

[Profession](#), [Student](#)



What differentiates someone that is intrinsically motivated from someone that is extrinsically motivated

There are several theories that describe the things that motivate people.

However, all these theories focus on the internal and external motivational factors.

Intrinsic Motivation

This type of motivation is based on the natural inclinations of an individual in terms of the things that are enjoyable or important to him. In this type of motivation, refers to the situation where the task being carried out is in itself the reward (Thompson, 2011). A person who loves playing guitar, computer games or even cooking gets the motivation from these activities. Performing these activities provide them with the motivation to continue doing them even more. In most cases, this type of motivation relates to hobbies.

Extrinsic Motivation

This type of motivation is common in today's society. It relates to gaining motivation from external sources. When an individual is motivated to achieve, behave, or learn based on a highly considered outcome, as opposed to having fun, he is said to be extrinsically motivated (Luke, 2010). This motivation results from the idea that an individual would be rewarded for good performance. For instance, a student might study hard in college to get a degree, but not because he loves studying.

Motivating individuals

Intrinsically motivated individuals are easily motivated since they derive pleasure from the things they love. In motivating such people, it is important

that they should be allowed sufficient time and resources to carry out the activities that they love . For instance, a guitarist in church may be given a new guitar and sufficient time to practice. For the case of an extrinsically motivated, setting standards would be the best motivational strategy. When standards are set, people would always strive to meet these requirements in order to get the rewards. For instance, in a school, the administration might rewards the best three students. This would motivate every student to work for the top three positions in order to get the rewards.

Characteristics of a performance-driven team

These characteristics include diversity, clear goals and expectations, effective communication, trust, and ownership.

References:

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