



Reaching Inside: Motivating Ourselves

FEBRUARY 23 | 12PM - 1PM

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COFREACHINGINSIDE.EVENTBRITE.COM

It happens to everyone: Your happiest moments dissipate, and you have little or no energy to work creatively and enthusiastically. When motivation is low, commitment, determination and passion are tested. Motivation is the energy that drives goal accomplishments and keeps you trying one more time- as needed for success.

This seminar will provide employees with strategies for increasing motivation and strategies to handle motivation drainers.

questions? cofadmin@colleges-fenway.org