

## MOTIVATION MONDAY

# *Struggling to Find Motivation?*

**Monday, October 25, 2021 | 11:00 AM**



What is the difference between intrinsic and extrinsic motivation? Learn more about motivation so that you can identify the motivation strategies that work best for you. Merge accountability and motivation to stay on track with your goals.

**ZOOM LINK: <https://cccconfer.zoom.us/j/98375008294>**