

AUG 2020

HelpNet webinar

STAYING MOTIVATED

It's easy enough to set a goal. But when it comes to habit changes like improving your diet, exercising more or trying harder to meet new people, sustaining change can feel impossible. This webinar will teach the 3-part theory of human motivation. You'll identify your motivational style and learn strategies to achieve any goal.

AVAILABLE ON DEMAND STARTING AUGUST 1

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