Building Internal Motivation:

A MindSculpt Class for Guahan Academy

Friday, March 14th - 7:30 AM ChST

Do you often find yourself unsure or unmotivated? That feeling of ambivalence can be toxic to carry around & therapists have a specific therapeutic approach that focuses on enhancing internal drive.

In this therapist-led class, you'll learn:

- To deeper explore the concepts of motivation, ambivalence & internal conflict types
- The specific stages of change we work through & our common resistances to it
- Tips for how to improve motivation in our lives
- Exercises built around behavior change, mindfulness & self-efficacy

Join this live, 60-minute event, with opportunities to anonymously ask questions & chat with others.

No Registration Required

RSVP To Team Calendar Invite

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