

Community Education Service



Improving emotional health and well being

Motivation: Fuelling the invisible fire within

**Dr. Shane Lynch | PhD, Registered Psychologist
Director of Professional Practice and Evaluation | Sinneave Family Foundation**

FREE Webinar

This workshop will describe the invisible fire within each of us that we call motivation. Participants will learn a variety of strategies to inspire others and help to fuel the invisible fire.

**Thursday, December 10, 2020
6:30 - 8:30 PM**

[Register](#)

<https://community.hmhc.ca>