

## Unpacking Motivation: Strategies for Fostering Engagement in Projects and Tasks

*Thursday 7 December 2023 14:00 (1h 30m)*

Are you constantly struggling with motivation? Or are you motivated sometimes but can't figure out the formula that keeps you going? Our "Unpacking Motivation" workshop is designed to help you understand what fuels your enthusiasm and identify the roadblocks that hinder your progress. By engaging in interactive activities and sharing insights with peers, you'll walk away with actionable strategies to elevate your motivation.

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**Session Classification:** WORKSHOP

**Track Classification:** Mental Health