

# 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>