



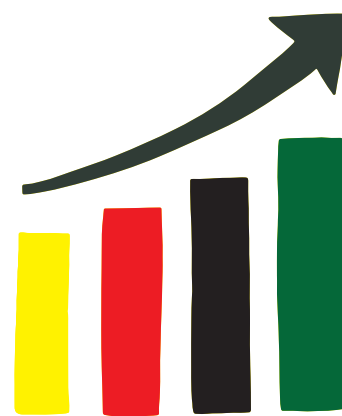
CHANNEL YOUR INNER MOTIVATION

MOTIVATION IN ART FIELD WORKSHOP BY JUSTYNA NOWAK

OBJECTIVES

- Discover the meaning and flow of motivation
- Express creativity
- Learn the difference between outer and inner motivation
- Work on goal setting
- Learn and practice techniques that allow reaching goals





THE GOAL



To learn MOTIVATION's true meaning and value, observe its flow and acquire techniques that will allow the participants to reach their goals and dreams. Participants will have a space to practice newly acquired techniques by structuring their goals, working on their resources and obstacles as well as taking step-by-step plan towards their goal.

MATERIALS

- Laptop and projector for the presentation
- Markers, pens, and colored pencils
- A4 format paper sheets
- Sticky notes



TITLE: CHANNEL YOUR INNER MOTIVATION (MOTIVATION IN ART FIELD WORKSHOP BY JUSTYNA NOWAK)

DURATION: 2 HOURS

NUMBER OF PARTICIPANTS: UP TO 15