

June
2024



**PROCRASTINATION:
GETTING & STAYING
MOTIVATED**
HelpNet webinar

Everyone procrastinates. Sometimes a little procrastination is fine - normal, even. But sometimes we get stuck. How do we get unstuck? This seminar will discuss ways to recognize our own patterns. Procrastination doesn't have to be a chronic problem. We'll discuss both the causes of and solutions to our patterns and ways to get motivated!

AVAILABLE ON DEMAND STARTING June 1

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