

## CEP Magazine – November 2021 Unmotivated when it matters? Here's what to do

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By Kristy Grant-Hart

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We've all had those days. We're sad, anxious, unmotivated, angry, or all of the above. When those uncomfortable days intersect with important meetings or presentations, disaster can strike. What do you do when you're just not feeling it at a time when your performance really matters?

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