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Motivation is Ireland's foremost weight management clinic. We can help you regain your confidence and lose weight for good. So get in touch today to make it happen. Motivation is the word derived from the word 'motive' which means needs, desires, wants or drives within the individuals. It is the process of stimulating people to actions to accomplish the goals. Develop your management skills with this online management course connecting job satisfaction, performance and more. Created by Henley Business School. With Motivation you can expect to lose an average of 10 – 21lbs a month\* – and that's fat, not muscle! We'll also provide ongoing support, nutritional guidance, recipes and all the latest up-to-date research on all areas of weight management, diet and lifestyle tips.