

# Download Minute Motivators For Leaders

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Career analyst Dan Pink examines the puzzle of motivation, starting with a fact that social scientists know but most managers don't: Traditional rewards aren't always as effective as we think. Listen for illuminating stories -- and maybe, a way forward.  
Since Bob's desire to change comes from within, his motivation is intrinsic. 2. Extrinsic Motivation. Extrinsic motivation, on the other hand, is a type of motivation in which an individual is being motivated by external desires.