

JCI Personal Development Training

Join JCI Cosmopolis for a one-day seminar on personal development!

SATURDAY, APRIL 10th in HELSINKI

09:00 – “Your life-vision into action”

Christopher Evatt will lead you through the following steps to:

- Discover and understand your natural strengths
- Access your source of personal power and inspiration
- Turn on your motivations for increased energy
- Move beyond self-imposed limitations
- Know the unique value you most enjoy creating in each area of your life
- Understand how to create the life you most wish to lead
- Make a written and picture vision for your life to take with you.



Christopher Evatt is a professional leadership coach and renowned speaker, assisting people to use their own natural abilities to make their own very special difference.

www.chrisevatt.com

13:30 - “Brain-based approach to coaching”

Your brain is the key to your performance. Isn't it time you really understood it? What you'll learn:

- How to improve your productivity through understanding what's happening in your brain
- Strategies to keep your cool under pressure
- The 5 things you need to know when collaborating with and influencing others



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Registration: www.jcicosmopolis.com/pdt

Full day reservation 20€