

MEETUP WITH PROFESSIONALS

HOW SPORTS CAN HELP YOU MOVE TO THE TOP

20 min - Introduction

- Margo talks about the concept of meetups with professionals, goals and expectations
- She introduces Cyprian
- everyone has got 2 minutes to introduce (tell about passion and expectations from the meetup).

50 min - Main part

Part I

- Warm-up (some exercises and a speaking round (life experience of Bear Grylls))
- Participants get the text to work on in pairs and later discuss with everyone. Organizers may ask other questions to energize the discussion moving away from the text on broader topics and asking about personal experience.

We try to answer the questions:

How can passion inspire us to keep going when we know we fail to do something?

What is more important - physical or mental strength? How does it influence our life?

How many times should we fail to win?

When we get out of the comfort zone and help us get used to the new environment?

How sports can challenge the borders of our stamina and how it can help us achieve everything we want in private life, relationships with people and career?

How can we monetize our interest in sports if we are really good at it?

Part II

A round of questions to our guest.

What has made him who he is now? What has formed his mind and kept him inspired? Are there any analogy with BG? Do fit people who train a lot have something in common?

(these Qs are just examples) Guests are free to ask their Qs.

10 min- Final part

Part III

Asking guests to fill in the form (what can organizers change to make upcoming events more engaging and inspiring, which problems participants face when it comes to learning foreign languages; asking to apply for being a special guest)

Thanking everyone for coming and inviting for the next meetup.