



Friday, 30th May

Love is Focus

Workshop for Students and Young Professionals

I would like to share some statements with you:

- Humility is the most important virtue to lead a meaningful life, and most people don't know what it entails.
- Most of us are guided by broken desires, in our self-perception as well as in our behavior.
- The key ingredients to a joyful life are silence, attention and rituals.

If these statements make you think, then this seminar is for you. Especially in nowadays fast-moving world, where screens and algorithms are setting the pace of our daily lives, it is important that each one of us stand still and think on how to lead a meaningful and joyful life.

The workshop is lead by Paul Graas (Rotterdam, 1989), who is an expert in character formation, with a special focus on digital well-being.

Location: *Nieuwegracht 61, Utrecht*

Program of the evening:

- *Registration: 19.00*
- *Workshop: 19.30*
- *Drinks: 21.00*

Please sign up here: tinyurl.com/2r64295c

For questions you may contact Danny van Steijn
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