

Szymon Kudła



WITH ENERGY, TO THE POINT

ROADMAP FOR A MEANINGFUL LIFE

Increase your dividend from daily experiences

INSPIRATIONAL SPEECH FOR LARGE AUDIENCES BY SZYMON KUDŁA

Each of us only gets to ride the rollercoaster of life once, so let's maximize the potential of each day of our careers and life in general. We often play the right game, but we don't play it right. Learn about the results of unique studies such as the Harvard Study of Adult Development (spanning 80 years!) and the World Regret Survey (with nearly 30,000 respondents in over 100 countries). Translate the conclusions of these studies into a meaningful life; learn what really matters in the end – and change the way you approach challenges in your professional and personal life every day.

Perfect for: Organizations that want to ensure a sense of happiness, fulfillment and fun among their employees.

- **SENIOR WISDOM.** What can we learn from older people who reflect on the most important events in their lives? If they could live their lives over again, what would they do differently? What would the seniors interviewed tell their younger selves?
- **THE GOAL: MAXIMIZE EVERYDAY EXPERIENCES.** Why does investing time and money in experiences make us happier than spending money on things? How can you ensure that every event in your life pays a memory dividend for many years to come?
- **INCREASE YOUR BALANCE.** How can you live (and work) better and healthier? How can you control and constantly fund your five accounts: relationship, health, moral, time and financial?
- **AVOID CUTTING CORNERS.** What non-obvious traps are serious threats to happiness and fulfillment? In what situations do we mismanage our time, health, and finances? What is the dopamine trap and the illusion of a peaceful future?
- **FOLLOW YOUR COMPASS.** How do you want to remember this very moment in your life and career 50 years from now? How can you appreciate the fact that we have a solid foundation, are surrounded by inspiring people, are doing interesting things, and have the chance to live in a really cool place in the universe?



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MORE DETAILS (INCL. OTHER TOPICS, BIO AND CREDENTIALS) AT SZYMONKUDLA.PL