

Presence

How to master a skill so important in today's world and reach your full potential!

Join us for our virtual lunch event with organizational and sports psychologist Matti Jaakkola, and learn more about the skill of being present.

During this session you will hear our colleagues share their challenges and successes with finding balance between professional and personal life e.g., work, studies, hobbies, and free time. Matti and our colleagues will also discuss the different tools we can use to help us stay focused and present even in hectic and uncertain times.

When

November 19, 12.00-12.45

Where

Virtual event over Zoom

Registration

Sign up [here](#) for this inspiring session by November 15.

Contact Us

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