

Love is Focus



FRIDAY FEBRUARY 18, 19:15-22:00
NIEUWE GRACHT 37, UTRECHT

Organized by: Personal Project
Moderator: Paul Graas

Love is Focus

Workshop for students and young professionals on personal growth in a distracted age

Life has been given to you. It wasn't your decision. It is a gift. The big question is: what do you want to do with it? This question is not only relevant in terms of a study you want to do or a professional career you want to pursue. On a deeper level, it has to do with the kind of person you want to become and the mission you want to accomplish in life.

However, as we all know, it isn't only about knowing what we want, but also about discovering what we can. And also, about actually doing it, which sounds evident, but experience says it isn't. A lot of times, we don't do things with a clear purpose, but we just procrastinate or go for the easy and gratifying way, especially in a society where stuff like your smartphone and your Netflix-account can really absorb a lot of your time and attention.

This workshop is for young people who don't want to live a mediocre life, but are open to reflect in a very concrete way about their ideals in life and who are ready to put those ideals in practice.

Paul Graas (Rotterdam, 1989) is an expert in character formation. As a research manager at Interaxion Group, he regularly gives workshops and speaks at conferences in The Netherlands and abroad about the challenge of educating in a digital world. As a consultant for IFFD, he was member of the team that designed and wrote the program of Personal Project 3.

Registration 19:15
Workshop 19:45
Drinks 21:00

Please sign up here: <https://bit.ly/loveisfocus>

Cost: €5

Contact: Everard van Weede, everardvw@gmail.com

www.personalproject.nl

