

YSP Slovakia and Czech Republic put together a lecture series: Rise With Us

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From March to May 2021, YSP - Slovakia and YSP - Czech Republic worked together to put together a lecture series titled RISE With Us! The aim was to introduce people to YSP's vision and values.

In session one we spoke about the four key values of YSP, responsibility, integrity, service and empathy (RISE). The second focused on relationships in the context of the pandemic, the third on an attitude of gratitude, then confidence, and the fifth and last session was on motivation, given by Deborah Cali, life coach and director of YSP in Central Europe.

Each week participants could take notes and answer prompt questions in a private, virtual notebook throughout the event. Therefore by the end they had a completed notebook of reflections, lessons and tools they can apply!

