



Motivational lecture



Self-isolation is a good chance for each of us to do something that our hands have not reached for a long time, to learn something new: to master a new culinary recipe or a new hobby. At the same time, try to do what brings you pleasure!

WORKING FROM HOME - AN ASTRONAUT'S PERSPECTIVE

Sergey Ryazanskiy,
Astronaut, Motivational speaker,
A Hero of the Russian Federation

What is this lecture about?

Current financial crisis, COVID-19 pandemia and forced self-isolation affect most of us in a negative way. People feel low, confused and cant get themselves do even things that used to be of interest.

We would like to support your staff by sharing personal and professional experience of astronaut Sergey Ryazansky, who made 2 space flights and have experience of extended isolation. He spent 300 days with few other astronauts in a confined space, without a single window during a simulation of a flight to Mars!

Length:

120 minutes

Structure:

- **motivational lecture**
(Skype, Zoom or any other internet platform)
- **QA**

Target audience:

- Business owners and entrepreneurs
- Managers of all levels
- HR-directors and their vices
- General staff of any company who has to work remotely

Learning objectives:

- How to fight despair in isolation and what may bring joy back to your life
- How to discipline oneself and be effective even working from home
- What to do for leisure/distraction and how to diversify daily schedule
- Dealing with relatives to avoid conflicts used by being together 24/7

**We are sure that we can help you deal with this crisis
and come out a better person!**

