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# The End of procrastination

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Do you sometimes feel like having a lack of motivation? How do you react to failures? Would you like to learn the science behind motivation, mindset, and failures?

Studies about happiness and performance show us that:

NO, achieving personal goals won't make you happy (sorry).  
NO, perfection and money are not the best drives for long-term success.  
Yes, failures are actually good for us!

This conference organized by Procrastination.com, Faculty of Education of Charles University and students club Agora is an opportunity for you to understand how to put into practice what science knows about long-term motivation, positive mindset, and how to overcome failures.

After two years of delivering conferences and workshops in New York, Toronto, and Montreal, Adela Schicker and Mathias Durand are both happy to be back in Prague for this special event!

Agenda:

18:00 - 18:30: welcome drink and networking

18:30 - 19:45: conference by Adela Schicker and Mathias Durand

19:45 - 19:55: questions and answers

19:55 - 20:00: a raffle for the book "The End of Procrastination" (by Petr Ludwig and Adela Schicker)

About the speakers:

## **Adela Schicker**

Adela is a co-founder of Procrastination.com, company growth consultant, and keynote speaker. She has lived and worked long-term in 11 different countries across 4 continents. Experience from different working environments and knowledge based on behavioral economics and psychology has given her a keen eye for people's talents as well as for the understanding of what today's fast-paced business environment requires. She focuses on public speaking as well as on helping people to be more focused and improve their critical thinking.

## **Mathias Durand**

Mathias is a coach and public speaker for Procrastination.com. After many years in the corporate business and leading international teams, he believes that emotional intelligence, effective communication, and persuasion are crucial skills to develop for our success and happiness.

His core values are generosity, tolerance, and humility.

Procrastination.com's mission is to help people put into practice what science knows about happiness and performance. We've welcomed more than 250 000 participants in our conferences worldwide.

Venue:

Charles University, Faculty of Education  
Magdalény Rettigové 47/4, 116 39 Praha 1- Nové Město

Tickets: For our students and employers: free of charge For others: reservation here: <http://bit.ly/2U1YzFp> (249.70 CZK)