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# **Meeting with a Famous Personality - Šárka Strachová**

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## **Meeting with a Famous Personality - Šárka Strachová**

An annual meeting for pre-school education teachers with a selected personality, this year featuring Šárka Strachová. The lecture by former Olympic medalist Šárka Strachová connects experiences from top-level sports with modern knowledge about child development and tries to offer practical tips for kindergarten teachers. You shall learn how movement fundamentally influences cognitive functions and learning, how to recognize imbalances and asymmetries, and how to effectively integrate movement activities into the daily routine in your own kindergarten. The event will also include simple breathing techniques for calming children, practical exercises for developing coordination and spatial orientation, and the principles of the fair-play philosophy adapted to the kindergarten environment. The lecture will offer a unique perspective on a comprehensive approach to the development of a child's personality, where movement forms an irreplaceable basis.