



ATHLETIC
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OPEN-NIGHT

FOCUS! OR LIVE BLURRY...

How to transform stress into energy and turn presence into power.

22 August 2018

“FOCUS! OR LIVE BLURRY...”

How to transform stress into energy and turn presence into power.



Wednesday, 22 August 2018

18:30 h *Doors open*
19:00 h *Start Open-Night*
21:30 h *End Open-Night*
(Q&A and get-together until 23:00h)



Volkshaus Zürich
Stauffacherstrasse 60
8004 Zürich



Language will be *English*



We live in a distracted society, where focus is frequently disrupted and stress has become a daily companion for many of us. We try to fight this, to oppose it, instead of using it to our advantage. There is an easier way!

Learn how to easily apply efficient and life-changing strategies that will massively transform your energy and power. Get ready to gain unwavering presence, peak performance and true fulfilment.



FREE entry, sign-up required:
athleticsocrates.com/open-night

*Space is limited, first come first served.
Access only with a valid registration.*



Diego De Nicola is a philosopher, entrepreneur, public-speaker and coach. He speaks seven languages and studied at Stanford and Arizona State University, where he graduated with Honors and Magna Cum Laude in Economics and Philosophy. He is also an endurance athlete (multiple Ironman Finisher and Marathon runner) and a certified Dale Carnegie® Senior Trainer.

After his studies, he devoted several years to research on human psychology, peak performance, mental training and the human mind (including numerous self-experiments)...

See more: **athleticsocrates.com/diego**