

# KNOW YOURSELF 2.0

Nov. 15, 2023 @ 16:00

VAMK, Room B1022

JOIN US FOR A NIGHT OF INSPIRATION AND  
MOTIVATION



## IRINA SERGEEVA:

managing your  
expectations in a new  
country - tips, trick &  
techniques



## FRANCIS OYE.:

understanding YOU -  
lessons from the STOIC  
philosophers



## NINA STUBB:

conceptualising  
VALUES - how to  
empower yourself

REGISTER HERE

SCAN ME



+358 50 449 8027



[oyf@vamk.fi](mailto:oyf@vamk.fi)