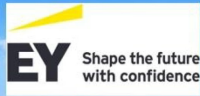




EY Lane-4 Olympic-medallist, Anyika Onuora, on confidence, resilience and how to overcome 'networking anxiety'

June 4 | 8:30 – 10:30 | EY, 1 More London Place, London, SE1 2AF



What can international disputes practitioners learn from elite athletes?

EY and Young Mute Off Thursdays are excited to host a breakfast forum on confidence, resilience and successful networking, led by British sprint track and field athlete and Olympic medallist, **Anyika Onuora**.

Attendees will get the chance to hear from Anyika on her insights from an 18-year career as an elite international athlete, including practical strategies on building confidence and resilience, how to overcome performance anxiety and bounce back from set-backs, and the importance of building and nurturing networks. She will share her tips from the world of elite sport, which are just as relevant in the world of legal disputes and beyond.

After this open discussion session and Q&A, in the spirit of 'mute-off', there will be a 'speed-dating' exercise where we will put into practice what we have learned!

Join us for what promises to be an exciting and high-energy event.

You don't have to be a Young Mute Off member to join, but please note that this event is aimed principally at female practitioners with 1 - 7 years of post-qualification experience.

Register your interest: Please RSVP to Marisa Murdin (Marisa.murdin@uk.ey.com).

Contact

EY

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Young MUTE OFF Thursdays

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