



# JUST A MINUTE (JAM)

THE ULTIMATE TEST OF ELOQUENCE

DATE

7th October

TIMINGS

12:30 PM  
TO 1:30 PM

VENUE

BIA  
Classrooms

## Topics

- DREAMING BIG
- TURNING CHALLENGES INTO OPPORTUNITIES
- VOICES OF CHANGE
- UNITY IN DIVERSITY
- MINDFUL LEADERSHIP
- TALKING ABOUT NUTRITION AND CONNECTING  
WITH OUR MIND AND BODY