



## Темы для разговорного курса

# RoadMap to Fluency



**ВКС НОВОСЛОБОДСКАЯ**

**3 – 10 января 2026**

### Day 1

#### **Digital Detox and Mental Recharge**

Explore why unplugging matters in a hyper-connected world. Can we reclaim focus, creativity, and real happiness by stepping away from screens?

### Day 2

#### **The Future of Work: AI, Remote Life and You**

Discuss how automation, AI, and new work cultures are reshaping careers. What skills will keep you ahead, and how to thrive in remote teamwork?

### Day 3

#### **Social Media Fame VS Real Life Fame**

Unpack the rise of influencers and virtual popularity. What's the cost of online fame, and can it ever match real-world success and fulfillment?

### Day 4

#### **The Science of Happiness: Myth or Reality?**

Dive into surprising research on happiness and how mindset, habits, and social bonds truly shape joy beyond clichés.

### Day 5

#### **Boost Your Brainpower: Habits for a Smarter You**

Explore practical ways of improving memory, focus, and problem-solving skills, backed by the latest neuroscience. Which daily habits can make your brain sharper and more resilient?

### Day 6

#### **From Language to Identity: How Words Shape Who We Are**

Explore the link between language, culture, and self-expression. Can mastering new languages change how we think and act?

### Day 7

#### **The Power of Everyday Creativity**

Discover how small creative acts like cooking, decorating, or storytelling can boost well-being and connect us in unexpected ways. How can we unleash creativity on a daily basis?

### Day 8

#### **Midlife Reinvention: Late Bloomers Who Crushed It**

Unpack inspiring stories of icons that peaked after 40: from J.K. Rowling to Vera Wang. What stops us from rewriting our timelines, and how can we start now?