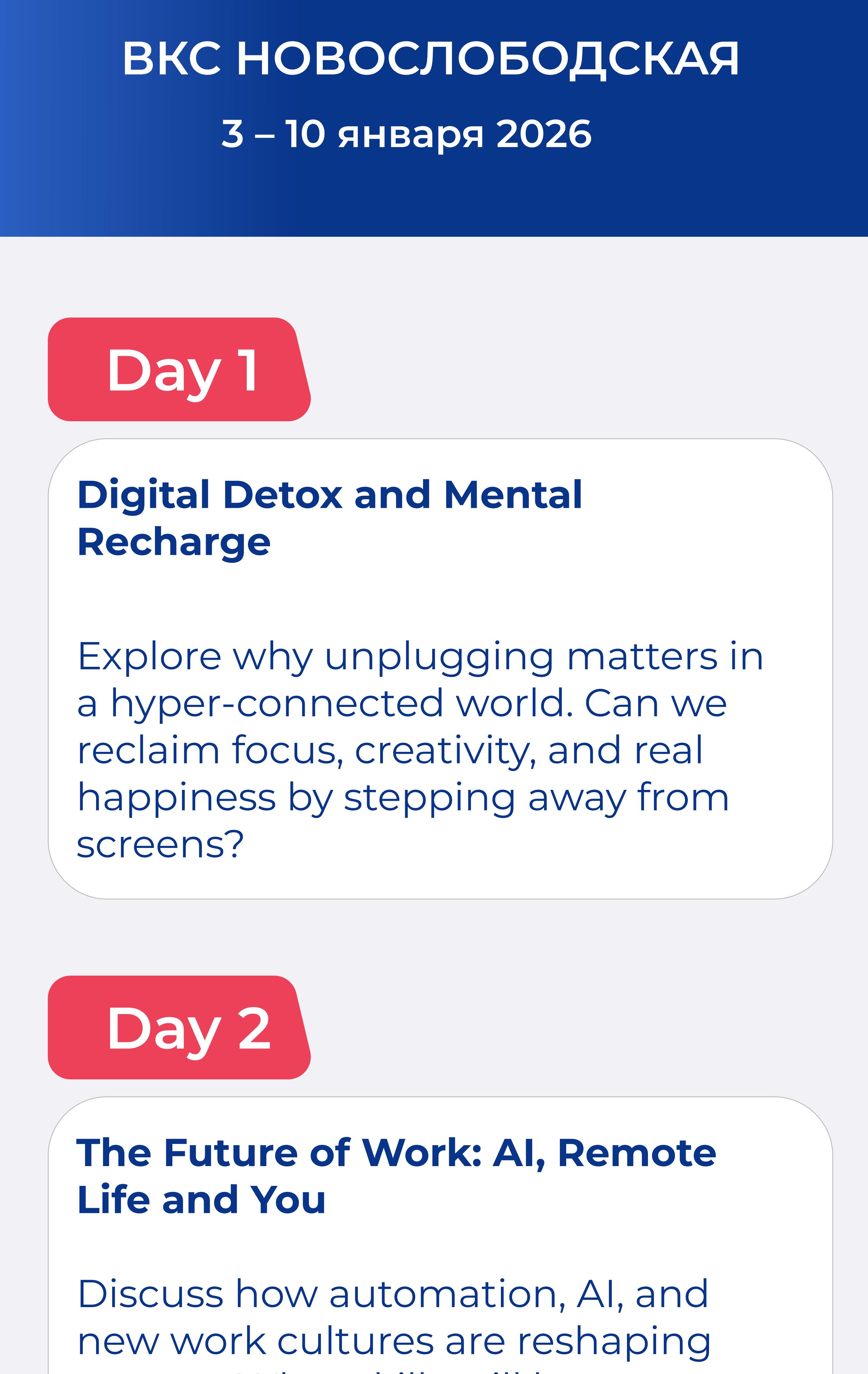




Темы для разговорного курса RoadMap to Fluency



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?