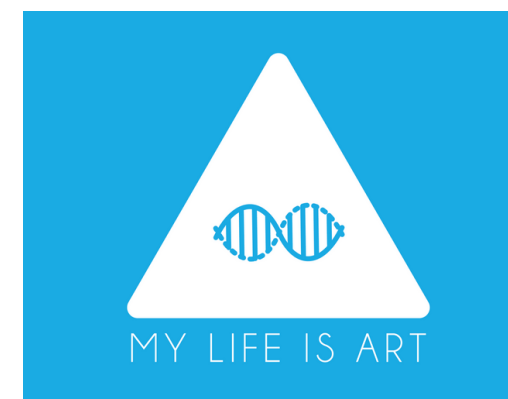




My Life Is Art

by Emmanuel Jal

Experiences for companies

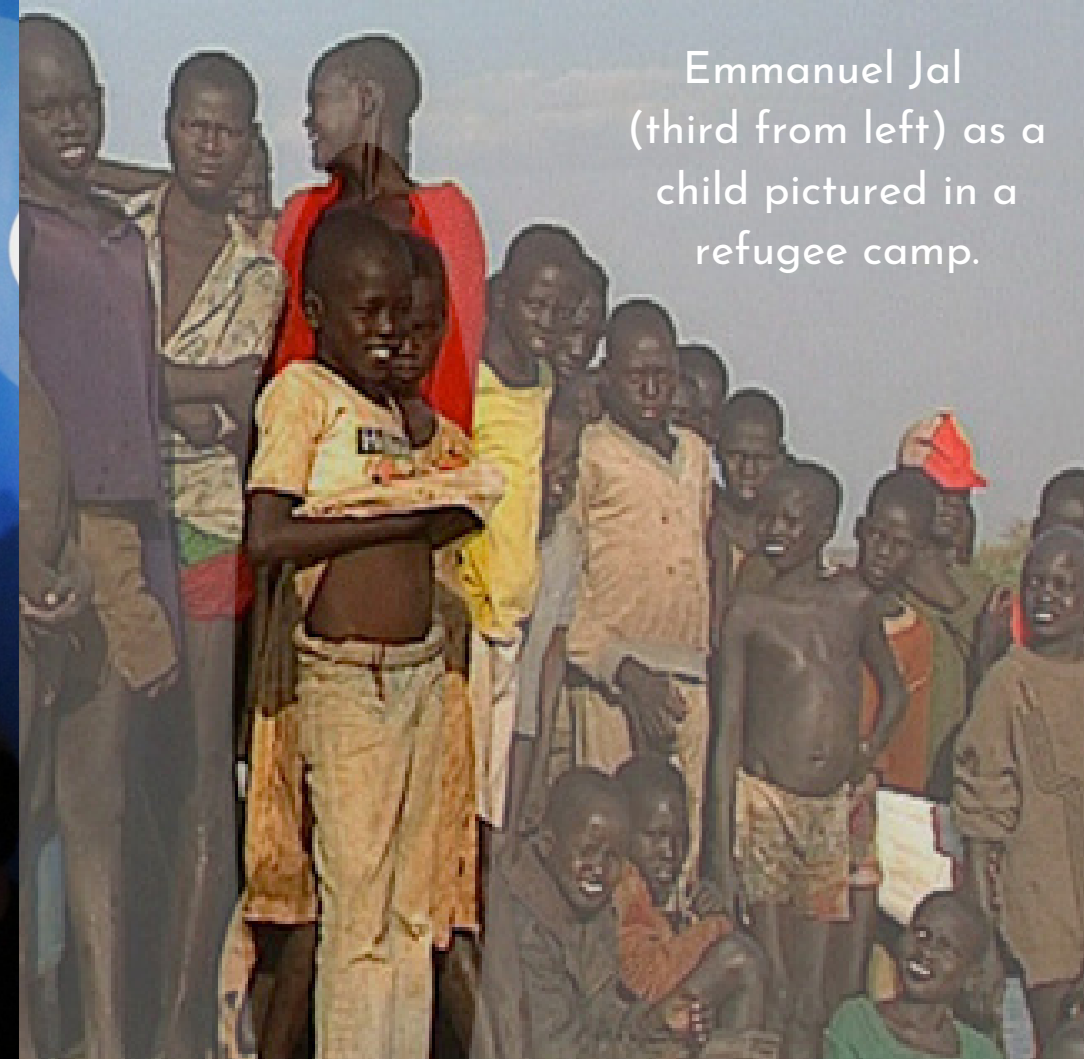


www.mylifeisart.org

Our Founder

Emmanuel Jal began his life as a child soldier in war-torn South Sudan in the early 1980s, surviving incredible struggles and later establishing himself as an international recording artist, peace ambassador and life performance coach.

Emmanuel has been sharing his unique message of peace and transformation, born out of his personal experiences, with hundreds of thousands of listeners for two decades.

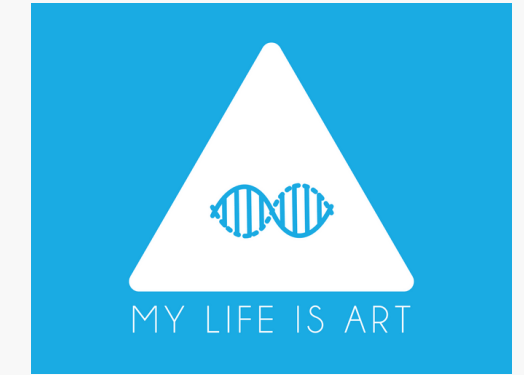


Emmanuel Jal (third from left) as a child pictured in a refugee camp.



My Life Is Art

Emmanuel rebuilt his life by rebuilding his mind and developed an unshakeable belief in a better future that has helped him overcome extreme trauma and gain mental strength.



In 2017, Emmanuel launched My Life Is Art as a holistic well-being initiative that helps people find their **purpose**, achieve **positive outcomes** in their lives and achieve their **goals**.

He believes that a peaceful and inclusive future starts from within, and his keynotes and workshops inspire audiences around the world to find their own **inner peace** by applying the **proven techniques** that supported him on this extraordinary journey.

Emmanuel believes that every individual is encoded for excellence and that it is his mission to empower people to develop their own **strengths and talents**, control their **thoughts and emotions** and to achieve **extraordinary results** in their lives.



SPEAKING ENGAGEMENTS



In his 60-90 minute keynote address, Emmanuel discusses how positive thinking, resilience, forgiveness, and habits and beliefs can lead to positive change.

Emmanuel's keynotes support professionals to:

- Control stress and anxiety.
- Rewrite their limiting beliefs and develop habits for personal and professional success.
- Activate their motivational circuit to achieve their goals.
- Develop a strategy for self-development with actionable steps to create behavioral changes in professional roles and personal lives.

Key themes:

- Overcoming adversity: resilience and persistence
- Creation of habits & beliefs
- Leadership principles: purpose, gratitude, forgiveness, courage, faith, focus

Delivery:

Online/in person

Duration:

60-90 minutes

WORKSHOPS



We work with companies to deliver effective, tailor-made workshops to improve corporate culture and help people feel and perform at their best.

Our workshops empower leaders to:

- Cope with stress, anxiety and mental fatigue.
- Find their motivation and gain a productive edge.
- Build habits and beliefs to achieve their goals.
- Manage their energy, improve their focus and generate new ideas
- Increase mental power and emotional intelligence.

Workshop specialities:

- Creation of habits and beliefs for success
- Find calm and build mental space to think clearly, creatively and strategically
- Use courage to drive change
- Find your purpose and use it to achieve your goals
- Meditation and mindfulness for busy professionals

Delivery:

Online/in person

Duration:

90 minutes-2 days

TESTIMONIALS

"When priorities are derailed and our ability to think clearly and strategically is often compromised due to nonstop demands, My Life Is Art provides tools to calm our mind, widen your perspective, restore courage and integrity. The skills learnt in My Life Is Art, will positively impact your strategic processing abilities, set and achieve goals based on a proven plan and face challenges with a clear mind supported with substantial content and a 360 degree approach!"

- Shirley Smith - President of Buckland Global Trade (Canada)

"My Life Is Art has truly enriched my life. The workshops taught me more about myself than I ever thought possible at this stage of life. The discussions that emerged from the workshops and the experiences that we shared with one another, were incredible. I have lifelong lessons and skills going forward and always Jal's voice in my head reminding me to walk in my purpose."

- Liz Matthews, MLIA workshop participant

"Emmanuel Jal inspired his audience towards seriously contemplating the changes that they could make in the world that we live in today. Providing himself as an example of how exceptionalism and creativity can manifest itself anywhere in anyone, Jal sparked hope in the audience while also being a very entertaining speaker."

- THIMUN Foundation, Model United Nations Conference

OUR CLIENTS INCLUDE



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I am proof that one person can rise above their challenges, and if I can, then so will others if they are given the chance.

- Emmanuel Jal

BOOKINGS AND ENQUIRIES

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Contact