

# CEE-SWISS IMPULSE SESSIONS

45 minutes  
inspiration

## HOW TO STRENGTHEN YOUR MINDSET?

**Dr. Martin Inderbitzin**, Neuroscientist and Pancreatic Cancer Survivor

Neuroscientific insights and practical methods that will help you to improve your mindset for personal and business success.

### DATE AND TIME:

**November 2nd, 2021**

**11:00 - 11:45 CET**, online webinar

### REGISTRATION:

Please sign up by visiting [www.cee.swiss](http://www.cee.swiss) > **events** > **CEE Impulse Sessions**. After signing up, you will directly receive the login details.

**About this webinar:** Why do certain people manage to stay focused even in difficult times while others are overwhelmed? What do these people do differently and what can we learn from them? In his mindset session, Martin shows us how we can actively change our perspectives and how this will positively impact our lives. In addition to examples, Martin shows very practical methods that can improve your own mindset over the long term.

**About the webinar series:** The «CEE-Swiss Impulse Sessions» is a monthly series of short webinars on exciting, current and relevant topics concerning Switzerland and Central Eastern Europe (CEE). It is delivered by outstanding speakers from many different backgrounds. The webinar series aims at inspiring, informing and connecting a diverse audience across industries and functions and thus advance the manifold relationships between Switzerland and all CEE countries. Initiated in 2021 by the Chamber of Commerce Switzerland Central Europe (SEC) in Zurich, this is a joint project of all chambers of commerce in the CEE region and SEC.



### More information about our Keynote Speaker:

Dr. Martin Inderbitzin has many facets: Neuroscientist, Stanford Lecturer, TEDxSpeaker, Pancreatic Cancer Survivor, Triathlete, Ultra-marathoner and founder of MySurvivalStory.org and the mindsetacademy.ch.

Martin studied neurobiology at the ETH Zurich and completed his dissertation at the University Pompeu Fabra Barcelona on the subject of stress and emotions. He also studied film production at Blake College in London and worked for several years as a producer and filmmaker for digital media.

His TEDx Talk “What I learned from Having Cancer” was seen by over 400,000 people. Today, Martin gives keynotes and workshops around the world on the subject of mindset and resilience. Since 2019, he has been working as a professional mindset coach for people and teams facing personal and professional challenges.



Chambre de Commerce Suisse – Europe Centrale  
Chamber of Commerce Switzerland – Central Europe  
Handelskammer Schweiz – Mitteleuropa



BULGARIAN-SWISS  
CHAMBER OF COMMERCE



HANDELSKAMMER  
SCHWEIZ  
SLOWAKISCHE  
REPUBLIK



HANDELSKAMMER SCHWEIZ – TSCHISCHEISCHE REPUBLIK  
OBCHODNÍ KOMORA ŠVÝCARSKO – ČESKÁ REPUBLIKA  
CHAMBER OF COMMERCE SWITZERLAND – CZECH REPUBLIC



Swiss - Baltic  
Chamber of Commerce  
SBCC  
[www.swissbalticchamber.com](http://www.swissbalticchamber.com)



Swiss  
Chamber Poland



MSBC

SCBA  
SwissCroatianBusinessAssociation

Swisscham Hungary  
Handelskammer Schweiz – Ungarn

SWISS-SERBIAN  
CHAMBER OF  
COMMERCE