

As the only child from an ordinary teaching family in China, I started a crazy adventure in London away from home, which would be a challenge for my whole family. In an international and diverse atmosphere, I was surrounded by the most ambitious elites in business from global talent pool, while the challenge from peer pressure, competitive environment and intense workload overwhelmed my confidence. Even though I was proud of my English skills among peers in China, I felt my shortage when facing lively talk or sophisticated insights from western students. To conquer this, I impulsed myself to communicate with people with diverse culture, moved out of my comfort zone in networking and career seeking, disrupting myself repeatedly to identify my strengths.

Last winter I had also been struggling with digestive issues, chronic fatigue and decreased eyesight in the new environment. I hit rock bottom both physically and mentally. In the process of looking into ways of managing the condition, I realized the meaning in this lifetime is “not to shape ourselves into some ideal we ought to be but find out who we already are and become it”. I started meditation and going to the gym, and positive communication with people taught me the art of balancing work passion with health of life. I started sharing the knowledge gained and good businesses met in London to the community on my social media platform, hoping to pass the innovative culture of Cass education to more readers in China. More readers are anticipating the updates of my life in Cass, and I collaborated with my career coach who has same passion on Education, on designing a series of online courses for coaching students hoping to seek jobs in London.

I learned that through collaboration I can go further than alone and that success is only real when shared. Professor Casu, who has meticulous logic and full vigor in global banking, taught me the way of achieving balance of family and career success with female power; Giulio, a perfectionist from Italy, taught me the attitude towards work as your own masterpiece and the art of empowering a collaborative and efficient teamwork. My friend Giovanni, the founder of Cass Mindfulness Society, inspired my leadership potential. He taught me to practice meditation and to pay attention to what is happening in mind, body and environment with a curious and kind attitude. My shared-kitchen family, gave me the support and power to achieve a greater success. With time, the culture I interacted with nourished my confidence and the people I met became the cure of empowering my life.

I communicated and built consistent, compassionate connections with people from all walks of life: the staffs and Chefs in Cass, security, changemakers in CityStarters Hub and student societies. I shared insights positively with professors and management-level people in networking events despite of fear. I also found my entrepreneurial dynamics in a diverse culture where innovation and agile thinking abound. I connected with inspiring entrepreneurs in CityStarters festival with a rewarding teamwork experience; As a member of Cass Mindfulness Society, I devoted my passions on innovation into organizing impactful events, and assisted the Cass Chef Ilir with a successful Chinese spring festival event for the students. Challenges from language and

knowledge had enlightened me to build a platform with a deeper vision to enhance people's wellbeing and to inspire for social good.

The last challenge for me is to get along with the inside and outside world. I did experience confusion, pressure and low ebb of body under the bustling of the outside world. It was hard for me to find inner peace and purpose of life at times, yet God has always pampered me with deep connection with my family, brilliant environment and nourishment of resources. These are inspiring me to make positive impacts for the surroundings and community in my life-long road.

The people I met and the culture here built my dynamics and confidence. In a way, Cass gave me the passion to disrupt myself once again and embrace London as my life adventure. This university brought me with a refreshing education values and opened my vision of observing the world. I always felt like dwelling in possibility, a fairer house than prose. Cass is teaching me the way of building relevance and impact and of becoming a complete person, instead of a successful businessman.