



Mentor Dinner

Motivational Evenings
with Inspirational People

Our next

AWF Mentor Dinner

(exclusive to members)

Wednesday, February 22nd

7:00PM - 9.30PM (dinner begins at 7:30pm)

Venue: *Cuisine Francaise JJ in Midtown*

(additional venue details below)

Cost: 5000 yen per person

The “ABCs of Challenge”

with Sarah Outen, British adventurer and author



Join us for a private mentor dinner to hear British adventurer Sarah Outen talk about her expeditions and her thoughts on the key elements behind any challenge: attitude, belief and courage.

Sarah, 26, is currently on a global journey, travelling only by human power, from 'London2London: Via the World'. She arrived in Tokyo in November 2011 having kayaked and cycled all the way from London. In April she sets out from Choshi, Chiba to row across the Pacific to Canada, expecting to be alone at sea for up to 7 months. From there she will cycle across to the Atlantic coast, before rowing home to the UK across the Atlantic Ocean arriving in London in September 2013.

In 2009 Sarah became the 1st woman and youngest person to row solo across the Indian Ocean - a 124-day journey. She was 24. That first expedition was made in memory of her father who died suddenly while Sarah was a student 3 years before. Her first book 'A Dip in the Ocean: Rowing solo across the Indian' was published in 2011 and in June that year she was appointed MBE.

Sharing a combination of tales from her current expedition Sarah will show that we are all on a journey, and that we all have the ability to create and shape our futures and chase our dreams, in spite of challenges. 'It is all in the mind,' she says, 'and ultimately, it comes down to how much you want to make it happen.' Please join us to hear Sarah's journey first hand. www.sarahouten.com

Cuisine Francaise JJ is located on the 2nd floor of the Tokyo Midtown complex in Roppongi:

Garden Terrace 2F, Galleria

Tokyo Midtown, 9-7-4 Akasaka, Tokyo 107-0052

Tel: 03-5413-3445 Fax: 03-5413-3448

Map to the venue: <http://www.cf-jj.jp/access-english/>

**This is a special event open only to employees of AWF corporate member firms.
Please note the following:**

- Registration is required and will be first come, first served
- Walk-ins on the day are not allowed
- Same-day or last minute cancellations will be invoiced for the dinner charge

Please register for this event through your company or by mailing awf@awftokyo.com by Feb 17th.