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Participated in **JMEC 25**

### **JMEC Testimonial**

#### **Overall Impressions:**

JMEC is a fantastic program. The lecturers are brilliant. They're some of the best lecturers I have seen in my life.

I chose JMEC as a part of a process for deciding what further education I would like to take. JMEC is the best place to learn about yourself and learn about which of your interests are worthy of pursuit.

JMEC opened up for me a world I had never had access to before. The JMEC community is a place where people think positively and constantly challenge what is possible.

#### **Key Takeaways:**

JMEC has taught me that I can make things happen if I plan them properly. As well, my JMEC project was about monetizing art of a wide variety, and I have learned that almost everyone I talk to has an interest in the arts. Many people at the higher rungs of society spend a lot of money collecting and supporting the arts. This was so surprising for me, where my previous worldview was that all artists are poor, and anyone involved in something such as “market research” or “investing” wouldn't be interested in art.

A major lesson I learned was that you can change your life at any moment. You can start a career at 36 years old. You can change from a journalist to an engineer, to an artist and back again if you want. And people do. It's not just a “one in a million story”, everyone in JMEC that I've talked to has had a powerful story of change throughout their careers, and I've become so inspired to take on something new.

JMEC challenged me in ways I didn't foresee, and my personality changed in ways I thought had been set in stone. For example, before JMEC I thought that I wouldn't be able to go a week without working out, or making art. Now, I've learned that I care more about learning and self-improvement than I care about swimming laps at the pool. I also used to believe that I wasn't strong enough to do homework after work. This belief really hindered my study of Japanese, as whenever I got home from work I believed that I was too tired to study. JMEC has shown me that I am really so much more powerful and flexible than I thought. I can change my work out schedule, I can balance my energy, and I can get done what needs to get done.

JMEC has taught me to think about what the purpose of something is. What purpose does my job have at my current company? What things am I doing in my day-to-day life that are not contributing to anything? How much time am I wasting for no value?

It has taught me that no one is powerful alone, and the ability to work in teams is much more impressive than one's own skills. I used to think I was great at communicating, as my current job is all about coordinating and working in teams. However, the people on my JMEC team had such diverse perspectives and understandings, and I experienced a lot of personal doubt while communicating with my teammates. Working through the causes of that doubt deepened my understanding of boundaries and expectations. I learned the current limits of my ability to embed information into sentences and e-mails, and I've learned to express myself with greater detail and clarity.

**Why I would recommend it:**

I recommend JMEC because it is a pressurizer for personal growth. It is everything at once. It's a massive opportunity to meet new people, and a place to challenge the way you see the world. JMEC has been one of the best experiences of my life in Tokyo so far. I recommend joining JMEC for anyone who has the energy to spare and who is willing to make JMEC a priority for at least the last 3 months of the program.

What is important to know before starting: JMEC is time consuming. Be prepared to spend time on the program. Be very clear with your team how much time you have.

I learned so much! An absolutely great experience.

Lindsey Rogerson  
JMEC 25 Participant