Element Events Release a Statement on the Importance of Purpose

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Sales and marketing firm Element Events recently discussed why it is more important than ever of professionals to find their purpose if they are to build full and happy lives.

Victor Strecher from the University of Michigan in Ann Arbor, who is the author of the book ‘Life On Purpose', suggests that it is important to identify different values and goals for the four domains of a person's life; family, work, community and personal. Sales and marketing firm Element Events also believes that it is important for people to find their purpose. The company helps individuals to focus on their career purpose and achieve this through their entrepreneurial mentoring and progression support.

About Element Events: http://www.weareelementevents.com/about-us/

A recent study from the North-western University Feinberg School and Medicine and Rush University Medical Centre in Chicago found that individual who has a purpose in their daily life had fewer sleep disturbances and a better quality of sleep. The study of 823 participants found that people who felt their lives had meaning were 63% less likely to have sleep apnoea and 52% less likely to have restless leg syndrome.

Element Events believes it is important to have a purpose and to feel excited about getting up in the morning to work towards accomplishing professional goals. The study proves that people with this purpose are more rested, which will then mean they are more refreshed the next day to work hard towards achieving their goal.

Element Events is a marketing agency used by other businesses looking to increase their brand exposure, generate quality leads, acquire new customers, and grow their business. The company offers personalised marketing services and can forge business relationships with customers through in-person communications.

Element Events are helping their workforce to find their career purpose through support, mentorship, and motivation; the agency believes that the right type of support and regular encouragement will have a lasting impact on a person's career.

Source:

Source: https://www.entrepreneur.com/article/297046

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