

«Wellbeing Training»

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| Tutor | Krzysztof Bierski, Ph.D. |
| Organization | Graduate Academy |
| Language | English |
| ECTS-Points | 1.5 |
| Nos. of participants | max. 15 |
| Content | <p>We cannot predict the challenges we will face... but there are many responses to any situation. How do you choose yours?</p> <p>In this programme, we will approach wellbeing as a skill in order to</p> <ul style="list-style-type: none"> * identify your core needs and sources of inspiration, * find trust in your existing capacities and develop new response abilities with ease, * consider how goal-setting can alleviate feelings of stress, * learn how to ask for help and when to offer it, * practice shifting 'have to' into 'want to'. <p>Throughout this training, we will also try out a range of simple wellbeing and stress-reduction techniques that can be incorporated into your schedule.</p> |
| Prerequisites/ Materials | <ul style="list-style-type: none"> - openness to learn and actively participate - comfortable clothing advised - additional benefits: no phones or laptops allowed |
| Teaching method | Experiential learning techniques including self-reflection, contemplation, group exercises, role games, and mind-body practices |
| Charge | This Graduate Academy offering is directed at researchers, post-docs and doctoral students of the University of Lucerne and its partner institutions and is free of charge for these persons. |