

FOCUS: MENTAL HEALTH - ICFO Resilience & Well-Being Program

Onbalance

October 21, 2021
10:30 to 12:00
Auditorium

A research career path may be demanding on a personal as well as intellectual level, particularly for people having to relocate from their home countries and specifically now in the complicated context we are facing. ICFO offers this program to help researchers strengthening their capacity to face the different challenges involved in a competitive research career.

ICFO has teamed up with the company OnBalance to design a program responding to our specific needs. The program will be offering tools to develop resilience and well-being, specifically to:

Improve ability to respond to change and uncertainty

Understand and practice techniques to improve emotional well-being
Develop healthy habits to minimize or neutralize the consequences of stress, improve well-being, health and effectiveness

Presentation of the program: one-hour session that will be held in the AUDITORIUM on Thursday October 21 at 10:30, experts from Onbalance will present the program and giv general information on tools that can be used to improve emotional well-being and reinforc healthy habits.

A workshops entitled **i¿½Resilience & Well-being tools at worki¿½** will follow this presentation at a later date, where resilience & well-being tools will be presented in a reduced format that will also allow interaction between participants and addressing specific needs. This workshop will be held on **Tuesday November 23** from 14:00 to 18:00 and **Wednesday November 24** from 9:15 to 13:15 (one single edition of this two-half-days workshop). Information on this session will be sent via email to all researchers, including instructions to registration for this workshop.

Focus: Mental Health, October 21, 2021, 10:30. Auditorium

Hosted by: HRE