ICFO



FOCUS: MENTAL HEALTH Resilience & Well-being tools at work (Part I of II)

VICTORIA CONESA

November 23, 2021
09:15 to 13:15
Online

The workshop is offered by Victoria Conesa from Onbalance aiming at developing tools to:

Identify and introduce healthy habits that increase health and well-being. Learn about and practice stress-managing techniques and boost one's resources when faced with demanding situations.
Work on strategies and resources to cope with stress by minimizing or neutralizing the consequences and harmful effects.

People attending this workshop will be invited to complete a confidential individual questionnaire which will help them to identify each own healthy habits and areas to be reinforced. Detailed information on this will be provided to people who register for the

workshop.

This is PART I of a two part workshop. PART II will take place on Wednesday, November 24, 9:15 - 13:15. Open to pre-registered participants only.

Tuesday, November 23, 2021, 14:00 - 18:00
Hosted by: Academic Affairs