Resilience & Well-being tools at work (Part I of II)

VICTORIA CONESA

October 03, 2022
09:15 to 13:15
Seminar Room

The workshop is offered by Victoria Conesa from Onbalance and she aims 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 its 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 Monday October 10, 9:15 - 13:15.
Open to pre-registered participants only. Deadline to register: September 5th
Hosted by: HRE