

Networkcafé

Strategies, Motivation and Health

The workshops series on healthy work routines with Dr. Nadine Binder continues...

Events

First Wednesday in month from 4pm to 6pm

02.02.2022	From Stress to Relaxation
02.03.2022	Staying Focused
04.05.2022	Managing Time
01.06.2022	Mastering Communication

Registration

is not necessary but welcomed

Zoom-Link

Meeting-ID: 970 4459 6220

Passcode: 437256

Workshop descriptions

From Stress to Relaxation (02.02.2022)

Learn more about your stress response and identify personal stressors, become familiar with and try out different techniques to manage your stress response and enter a state of relaxation (such as breathing, embodiment, and more).

Staying Focused (02.03.2022)

In this session, you will have the opportunity to reflect on reasons for procrastination, identify common distractors and possible antidotes, as well as learn about specific methods to improve your focus when working or studying.

Managing Time (04.05.2022)

In this session, you will learn about different tools and methods for structuring your day and managing your time well, including ideas on how to get more clarity on priorities when time seems tight.

Mastering Communication (01.06.2022)

In this session, you will have an opportunity to learn more about personal and cultural preferences of communicating and building relationships, both in face-to-face and virtual communication and you will get to know tools for more successful communication in general and for leading difficult conversations in particular.