



European Academy
of Innovation

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www.erasmus-training.eu

Stress Management and Mindfulness

Preliminary Training Plan

Day 1 - Stress Management basics

09:00 – 10:30	<ul style="list-style-type: none">- Presentation of the trainer and participants- Expectations- Presentation of the training program- Administrative aspects
10:30-10:45	Coffee Break
10:45-12:00	<ul style="list-style-type: none">- Presentation of the universities of the participants
12:00-13:00	Lunch Break
13:00-15:00	<ul style="list-style-type: none">- What is stress and how does it affect us?- Creating calm in your career- Fight or flight

* Afternoon recommendation: Visiting the Fabric District, one of the oldest industrial districts in Europe

Day 2 – Reaction to stress

09:00 – 10:30	<ul style="list-style-type: none">- General Adaptation Syndrome (GAS)- Signs of Stress- Reaction to Stress
10:30-10:45	International Coffee Break
10:45-12:00	<ul style="list-style-type: none">- Approaches to Stress: Action-Oriented, Emotion-Oriented or Acceptance-Oriented
12:00-13:00	Lunch Break
13:00-15:00	<ul style="list-style-type: none">- Thriving in a High-Pressure Environment- Strategies to Manage a Stressful Job

* Evening recommendation: Movie night @ Iulius Town



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Day 3 – Cultural Immersion Day

First 10.000 steps

10.00 – Meet & Greet your guide
 10.00 – 12.45 Walking City Tour #1 (700 Market, Jewish Quarter, Liberty Square, St. George Square, Union Square)
 12.45 – 13.45 **Museum of The Revolution**

14.00 – 15.30 Lunch at the Bastion

Next 10.000 steps

15.30 – 17.10 **Arts Museum**
 17.10 – 18.20 Walking City Tour #2 (Victory Square, the Metropolitan Cathedral, St. Mary Square)
 18.20 – 18.50 **Communist Consumer Museum**
 18.50 – 19.00 – Tram ride to Liberty Square
 19.15 - *Traditional Romanian Dinner*

Day 4 – Coaching people through stressful periods

09:00 – 10:30	<ul style="list-style-type: none"> - What is coaching and how do we use it? - Different types of coaching - Coaching in the Academic community
10:30-10:45	Break
10:45-12:00	<ul style="list-style-type: none"> - The impact of the institution size upon the coaching process – How to adapt? - Formal and Informal coaching
12:00-13:00	Lunch Break
13:00-15:00	<ul style="list-style-type: none"> - Why coaching matters to top universities? - Changing perspectives

* Evening recommendation: Vest Phoenix Cover Concert @ Casa del Retro, 8 PM

Day 5 – Mindfulness

09:00 – 10:30	<ul style="list-style-type: none"> - What is mindfulness? - Practicing mindfulness
10:30-10:45	Break
10:45-12:00	<ul style="list-style-type: none"> - HALT Risk States - Managing the gap between what you do and who you are
12:00-13:00	Lunch Break
13:00-15:00	<ul style="list-style-type: none"> - Reconnecting with yourself - Finding meaning in what you do

* Evening recommendation: Tosca by Giacomo Puccini @ Romanian National Opera of Timisoara (Strada Marasesti, nr. 2), 7.00 PM – 9.30 PM, tickets: Price range 25-100 lei // Drum & Bass Request - Birthday Bash @ D'Arc pe Mal, 10 PM.



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Dinners except from the one on **Wednesday** night will be @ **Jack's Bistro** at 7 p.m.



Don't miss:

- the Museum of the Comunist Consumer
- the Art Museum
- the Village Museum
- a Spa day
- Kayaking on Bega river
- Visiting Recas Winery
- Gelato di Bruno ice cream
- Iulius Town

The training plan is subject to change based on the needs and expectations of the participants.

The social activities recommended for each day are optional and will be updated one week before the start of the training.