



European Academy
of Innovation

+40 721 305 948

hello@erasmus-training.eu

www.erasmus-training.eu

Stress Management and Mindfulness

The 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	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 walking city tour

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	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	International Buffet
13:00-15:00	<ul style="list-style-type: none">- Thriving in a High-Pressure Environment- Strategies to Manage a Stressful Job

* Evening recommendation: Tosca by Giacomo Puccini @ Romanian National Opera of Timisoara (Strada Marasesti, nr. 2), 7.00 PM – 9.30 PM, tickets: Prices between 25-100 lei.



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Day 3 – Main stress factors

09:00 – 10:30	- Time: Time Management techniques, Time thieves, master your time
10:30-10:45	Break
10:45-12:00	- Unhealthy work environment: office space, noise, interruptions, lack of respect
12:00-13:00	Lunch Break
13:00-15:00	- Difficult people: angry people, needy people, bossy people

* Traditional Romanian Dinner @ Miorița Restaurant, 7 pm

Day 4 – Coaching people through stressful periods

09:00 – 10:30	- 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	- 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	- Why coaching matters to top universities? - Changing perspectives

* Traditional Romanian dance class @ Just Dance Timisoara, 9 pm, 25 lei/person

Day 5 – Mindfulness

09:00 – 10:30	- What is mindfulness? - Practicing mindfulness
10:30-10:45	Break
10:45-12:00	- HALT Risk States - Managing the gap between what you do and who you are
12:00-13:00	Lunch Break
13:00-15:00	- Reconnecting with yourself - Finding meaning in what you do

* Jazz concert @ Berăria 700, 9 pm, free entry



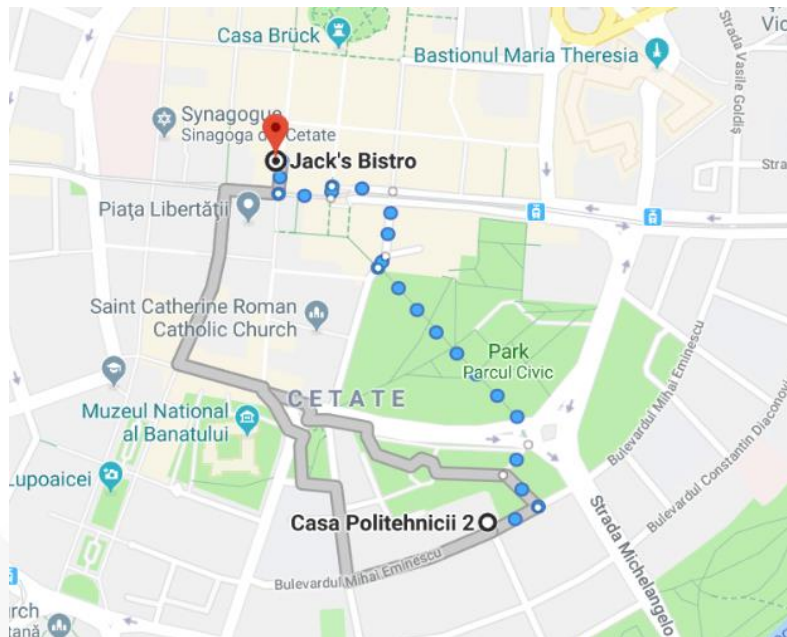
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Dinners except from the one on **Wednesday** night will be @ **Jack's Bistro** at 7 p.m.



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.