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Stress Management and Mindfulness

Preliminary Training Plan

Day 1 - Stress Management basics

10:00 – 11:30	<ul style="list-style-type: none"> - Presentation of the trainer and participants - Expectations - Presentation of the training program - Administrative aspects
11:30-11:45	Coffee Break
11:45-13:15	<ul style="list-style-type: none"> - Presentation of the universities of the participants
13:15-14:00	Lunch Break
14:00-15:30	<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

10:00 – 11:30	<ul style="list-style-type: none"> - General Adaptation Syndrome (GAS) - Signs of Stress - Reaction to Stress
11:30-11:45	International Coffee Break
11:45-13:15	<ul style="list-style-type: none"> - Approaches to Stress: Action-Oriented, Emotion-Oriented or Acceptance-Oriented
13:15-14:00	Lunch Break
14:00-15:30	<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 7.000 steps

10.00 – Visiting The Metropolitan Cathedral

10.00 – 12.45 Walking City Tour #1

(Victory Square, the Metropolitan Cathedral
Liberty Square, St. George Square, Union
Square)

Next 7.000 steps

12.45 – 13.45 **Museum of The
Revolution**

14.00 – 15.30 *Lunch*

15.30 – 16.30 Walking City Tour #2
(Elisabetin District or Fabric District)

Day 4 – Coaching people through stressful periods

10:00 – 11:30	<ul style="list-style-type: none"> - What is coaching and how do we use it? - Different types of coaching - Coaching in the Academic community
11:30-11:45	Break
11:45-13:15	<ul style="list-style-type: none"> - The impact of the institution size upon the coaching process – How to adapt? - Formal and Informal coaching
13:15-14:00	Lunch Break
14:00-15:30	<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

10:00 – 11:30	<ul style="list-style-type: none"> - What is mindfulness? - Practicing mindfulness
11:30-11:45	Break
11:45-13:15	<ul style="list-style-type: none"> - HALT Risk States - Managing the gap between what you do and who you are
13:15-14:00	Lunch Break
14:00-15:30	<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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Don't miss:

- the Museum of the Communist Consumer
- the Arts Museum
- the Village Museum
- a Spa day
- Kayaking on Bega river
- Visiting Recas Winery
- Gelato di Bruno ice cream
- Iulius Town
- Opera night

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.