



European Academy
of Innovation

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www.erasmus-training.eu

Stress Management & Mindfulness

Training plan

Day 1 – Terminology and differences

09:00 – 10:30	<ul style="list-style-type: none">- Presentation of the project, venue, trainers, programme- Getting to know each other- Expectations- Setting the rules
10:30-10:45	Break
10:45-12:15	<ul style="list-style-type: none">- Presentation of the participants and their universities- Definition of stress – from physiological and psychological point of view- Forms of stress – negative & positive- Microbiome and its role in stress
12:15-13:00	Lunch Break
13:00-15:00	<ul style="list-style-type: none">- Effects & symptoms of stress- Stress factors, how to identify the source- Making stress a friend of yours- Food meditation- Exercising gratitude- Reflection of the day

* International picnic

Day 2 – Methods to manage the stress

09:00 – 10:30	<ul style="list-style-type: none">- Working under stress- How to meet & greet challenges
10:30-10:45	Break
10:45-12:15	<ul style="list-style-type: none">- Unhealthy and healthy ways of coping with stress- Different methods to manage stress- 4 As model – Avoid, Adapt, Accept, Alter
12:15-13:00	Lunch
13:00-15:00	<ul style="list-style-type: none">- Managing time & digital tips- Procrastination- Exercising gratitude- Reflection of the day

* Afternoon walking city tour



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Day 3 – What is important for me?

09:00 – 10:30	<ul style="list-style-type: none">- Mindfulness – what is it?- Basic principles of Mindfulness- Breathing techniques
10:30-10:45	Break
10:45-12:15	<ul style="list-style-type: none">- Influence of past/future on our life- Having balance in your life (Wellbeing/Work-life ballance)- Types of Success
12:15-13:00	Lunch Break
13:00-15:00	<ul style="list-style-type: none">- Wheel of life- Thoughts & feelings- Thinking traps- Excercising gratitude- Reflection of the day

* Digitarium & Planetarium Brno

Day 4 – Humor & Positive thinking

09:00 – 10:30	<ul style="list-style-type: none">- Distortion, Deletion, Generalisation (NLP)- Anchoring techniques- 6 thinking hats
10:30-10:45	Break
10:45-12:15	<ul style="list-style-type: none">- Positive thinking – why is it important?- Effects of positivity on our life- Basic rules of positivity
12:15-13:00	Lunch Break
13:00-15:00	<ul style="list-style-type: none">- Discussion & brainstorming- Body scan meditation- Excercising gratitude- Reflection of the day

* Traditional Czech dinner



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Day 5 – Staying grounded

09:00 – 10:30	- Improvisation - Positive affirmations - Staying in the flow
10:30-10:45	Break
10:45-12:15	- Asking for help - Useful tips & techniques for effective communication - Preventing conflicts
12:15-13:00	Lunch Break
13:00-15:00	- Wrap up and final revision of the project - Final gratitude exercise & meditation - Graduation

Don't miss:

- ✓ [Špilberk castle and the Brno city museum](#)
- ✓ [Villa Tugendhat](#)
- ✓ [Capuchin crypt & mummies](#)
- ✓ [Jurkovič house](#)
- ✓ [Ossuary at St. Jame's church](#)
- ✓ [Dietrichstein Palace and the Moravian Museum](#)
- ✓ [Mendel museum & Augustinian abbey](#)
- ✓ [Veverí castle and Brno dam](#)
- ✓ [Digitarium & Planetarium Brno](#)
- ✓ [The Labyrinth & Mint Master's Cellar](#)
- ✓ [Open garden](#)



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The Trainers



Filip Kňáček trainer, facilitator, pharmacist, volunteer, coach

Filip is 5 years in non-formal education environment. He has extensive experience with short-term soft skills trainings aimed on topics such as time management, presentations skills, leadership, communication, personality types, body language & movement, coaching and intercultural differences. He has written and organised trainings, workshops, projects and also conferences in professional and self-developmental environment. He studied Pharmacy at the University of Veterinary and Pharmaceutical Sciences Brno where he also works at the time and establishes cooperation of the University with third parties. Currently he is mainly focusing on self-developmental topics in the youth and academic field. He is also organising his own local workshops for public on the topics of self-love, trust and life behavioral patterns. In his work he is using different coaching approaches, working through embodiment, reflections and daring activities. He is actively volunteering in Czech NGO Brno Connected, which is part of Synergy group.



Adéla Firlová pharmacist by training, creative dreamer by soul

In December 2014, she became the soft-skills trainer and ever since then, she has delivered many trainings all across the Europe. Her favourite topics are creativity, improvisation, mentoring and cultural differences. After graduating as pharmacist, she worked in a pharmacy for two years to find out she needs something more creative. Since 2017, she has been a practical lab lecturer for two subjects at Faculty of Pharmacy Brno - Analytical Chemistry and Drug Analysis, therefore, she has the experience also with formal education of adults. Adela has also worked as Vice President of Education for European Pharmaceutical Students' Association - preparing educational programme for European Congresses (each with 300 participants) as well as online webinars with both educational and soft-skills content, so you can tell that edu topics are very close to her.