

SEA-EU Staff Week

Mental Resilience in the academic environment

Dates: 16/04/2024 - 18/04/2024

Venue: Spinit incubator, Ul. Antuna Gustava Matoša 56, Split

General information

Hosting institution:	University of Split
Staff Week Title:	Mental Resilience in the academic environment
Abstract:	Mental resilience refers to an individual's ability to bounce back from adversity, adapt to change, and maintain well-being despite the challenges faced. The academic environment poses numerous challenges that can impact individual mental well-being and job performance. Throughout this week, we'll explore key aspects of mental resilience through lectures, workshops, discussions, and other activities. By investing in our collective well-being, we aim to foster a positive work environment where each staff member feels supported, resilient, and ready to contribute their best in achieving institution's goals.
Application details and deadline:	Please register by February 29th, 2024 using the online registration form HERE
Dates of the staff week:	April 16th - 18th, 2024
Number of participants:	Each SEA-EU 2.0 university can propose up to 2 participants.
Mobility costs:	Erasmus + KA103 Staff Mobility
Contact:	SEA-EU UNIST office (gdujmovic@unist.hr)

	<p>Antonia Peroš – Career management office (anperos@unist.hr)</p>
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Target group/ expected profile of participants:	<ul style="list-style-type: none"> Academic and non-academic staff interested in the area of mental health <p>Ideally, one academic participant and one practitioner from each country (partner university) would participate.</p>
Requirements	English B1
Agenda	<p>Day 1: 16th April 2024 - Tuesday</p> <p>08:30-09:00 Registration of the participants (Address: Spinit Incubator)</p> <p>09:00-09:30 Welcoming words of the host (vice-rector prof. Zoran Đogaš, PhD)</p> <p>09:30-11:30 Introduction and getting to know each other with presentations: Mental Resilience across Universities of Alliance.</p> <p>11:30-12:00 Coffee break</p> <p>12:00-13:00 Lecture: Mental resilience and stress (prof. dr. sc Dolores Britvić, School of Medicine, Split)</p> <p>Workshop: Positive psychology techniques/emotional regulation techniques [POSSIBLE CONTRIBUTION]</p> <p>13:00 Lunch at the Spinit incubator (Ul. Antuna Gustava Matoša 56, 21000 Split)</p> <p>14:00 Informal sightseeing of the city centre (Meeting point: Model of the city of Split on the main Riva promenade)</p> <p>Day 2: 17th April 2024 - Wednesday</p> <p>08:30-09:00 Registration, welcome coffee</p>

	<p>09:00-11:00 Workshop 1: Reconciliation of work and personal time – well-being at work (prof.dr.sc.Darko Hren FFST)</p> <p>11:00-11:30 Coffee break</p> <p>11:30-13:00 Workshop 2: Implementation of mindfulness techniques in academic environment [POSSIBLE CONTRIBUTION]</p> <p>13:00 Lunch time</p> <p>14:00 – Tour around University of Split Campus</p> <p>Day 3: 18th April 2024 - Thursday</p> <p>08:30-09:00 Registration, welcome coffe</p> <p>09:00-10:30 Lecture: Self-care through the adoption of healthy habits (importance of nutrition, sleep and physical activity) – prof. Tanja Dragun, PhD (School of Medicine, Split)</p> <p>10:30-11:00 Coffee break</p> <p>11:00-12:30 Group discussion: Implementation of mental resilience techniques in our work</p> <p>13:00 Lunch time</p> <p>14:00 – Visit 3</p>
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Practical information

Accommodation	A welcome brochure will be sent to the registered participants.
Address of the course	Ul. Antuna Gustava Matoša 56, 21000, Split