

## 30.-31.05.2024 Work-Life Balance (EN)

### Where?

Magdeburg-IFF

Sandtorstraße 22

39106, Magdeburg, Germany

### When?

30.-31.05.2024,

8:45am-5pm, 8:45am-5pm

### Language:

English

### Trainer\*in:

**Maxi Mittag (She/Her/Hers)**

Psychologisches Training & Beratung

› <https://www.mentalressourcen.de/> (<https://www.mentalressourcen.de/>)

In this "Work-Life Balance" workshop, you will learn how to successfully balance professional, academic, and personal demands while effectively managing stress. This practical course is designed for students who want to enhance their resilience and improve their self-management.

### Learning Objectives:

- ▶ **Understanding Stress Mechanisms and Self-Regulation:** Recognize how stress affects you and how you can manage your daily life more calmly through targeted self-regulation techniques.
- ▶ **Developing Personal Stress Management Strategies:** Create customized strategies and plans to actively address stressors and boost your resilience in both your studies and personal life.
- ▶ **Applying Mindfulness and Motivational Techniques:** Learn to embed mindfulness practice and motivational psychology methods in your daily routines to increase your effectiveness and satisfaction.

This workshop provides you with the tools to achieve and maintain a harmonious balance between your studies, work, and personal life. Engage in interactive exercises and discussions that help you apply what you've learned directly to real life.

Maximum number of participants: 15 people

Registration deadline: 23.05.2024

Click here for › registration (<https://www.kgc-sachsen-anhalt.de/home/MeCoSa/Anmeldung-EGOTEC-jvd14tco33evg6qf97bc12dfk0.html>)

## Anmeldung

...hier geht es zur Anmeldung

### MeCoSa Projekt-Team

#### **Katalin Varga**

Projektkoordinatorin

- ▶ Coaching
- ▶ Mentoring
- ▶ Netzwerkarbeit
- ▶ Öffentlichkeitsarbeit
- ▶ Berichte
- ▶ Präsentationen

Raum 303

Telefon: +49 391 6757097

› [katalin.varga@ovgu.de](mailto:katalin.varga@ovgu.de)

#### **Juanjuan Chen**

Projektmitarbeiterin

- ▶ Workshops
- ▶ Seminare
- ▶ Netzwerkarbeit
- ▶ Öffentlichkeitsarbeit

Raum 303

Telefon: +49 391 6757010

› [juanjuan.chen@ovgu.de](mailto:juanjuan.chen@ovgu.de)

#### **Christine Behrens**

Projektassistentin/ Sachbearbeiterin

- ▶ Anmeldungen
- ▶ Reisekosten
- ▶ Abrechnungen
- ▶ Bearbeitung von Angeboten
- ▶ Vor- und Nachbereitung von Veranstaltungen

Raum 305

Telefon: +49 391 67 57062

› [christine.behrens@ovgu.de](mailto:christine.behrens@ovgu.de)

