



STRESS LESS

Improving Educators' Resilience to Stress

PROGRAMME FOR GRUNDTVIG COURSE

GRUNDTVIG COURSE "IMPROVING EDUCATORS RESILIENCE TO STRESS"

Event promoted by the STRESSLESS partnership

The course will take place in Riga, Latvia from the 17th to 21st of September, 2012

Monday the 17th of September

- 10.00-10.15 - Welcome from Latvian Adult Education Association
- 10.15-10.45 - Presentation of the STRESSLESS project
- 10.45-11.15- Coffee
- 11.15-11.45 - Group Introduction exercise
- 11.45-13.00 - Work related stress, prevalence in EU and in the educational sector
- 13.00-14.00 - Lunch
- 14.00-16.00 - Causes of stress, Effects on individuals
- 16.30-17.30 -Symptoms of work related stress, Guided relaxation

Tuesday the 18th of September

- 10.00-10.45 - Psychosocial risk management
- 10.45-11.00 - Coffee
- 11.00-12.30 - Models of work related stress
- 12.30-13.30 - Lunch
- 13.30-15.30 -Designing the ideal workplace
- 15.45-16.45 - Types of intervention to reduce work related stress
- 16.45-17.40 - Guided 'anchoring' relaxation

Wednesday the 19th of September

- 10.15-11.15 - Different interventions across countries
- 11.15-11.30 - Coffee
- 11.30-13.00 - Building educators' resilience in dealing with work related stress-
- 13.00-14.00 - Lunch
- 14.00-16.00 - Developing positive self-talk; Challenging negative thoughts
- 16.00-16.45 - Looking after yourself
- 16.45-17.45 - Developing an internal locus of control



PROGRAMME FOR GRUNDTVIG COURSE

Thursday the 20th of September

- 10.00-10.25 - Developing an optimistic outlook
- 10.25-11.15 - Taking control: assertiveness skills
- 11.15-11.30 - Coffee
- 11.30-12.30 - Problem solving
- 12.30-13.30 - Lunch
- 13.30-14.15 - Employers' responsibilities for the prevention of work related stress
- 14.15-15.45 - Developing a positive psychosocial work environment
- 16.00-17.00 - European framework agreement on work related stress; risk assessment

Friday the 21st of September

- 10.00-11.00 - Effects of work related stress on organizations
- 11.00-11.15 - Coffee
- 11.15-11.45 - Sources of support
- 11.45-12.30 - Psychosocial risk questionnaire
- 12.30-13.30 - Lunch
- 13.30-14.30 - Testing knowledge
- 14.30-15.30 - Evaluation of the workshop , reflections , future plans
- 15.30-16.00 - Summary of the workshop
- 16.00-19.00 - Social program (Visit to Old Riga), dinner

Saturday: departure

- **Please note that the course will be implemented by experts in stress resilience from different European countries!**
- **Please apply for funding from your national agency to participate in this event before the 30th of April 2012!**