

## 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 17<sup>th</sup> to 21<sup>st</sup> of September, 2012

# Monday the 17<sup>th</sup> 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

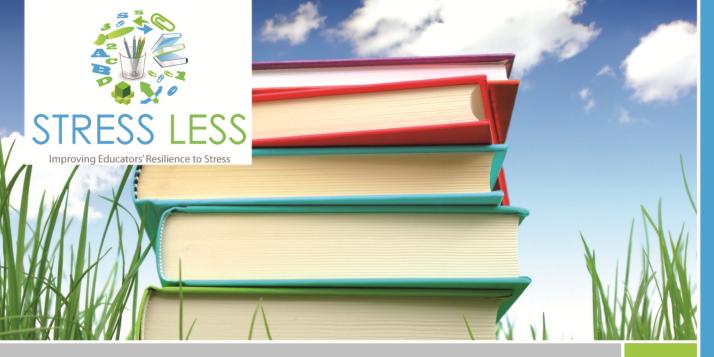
## **Tuesday the 18<sup>th</sup> of September**

- 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 19<sup>th</sup> 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





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#### Thursday the 20<sup>th</sup> 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 21<sup>st</sup> 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 30<sup>th</sup> of April 2012!

