

## *Stress Management and Burnout Prevention*

### Programme of the Training Activities

#### Monday

9:00 to 11:00 AM	11:00 to 11:15 AM	11:15 to 13:00 PM	13:00 – 13:30 PM	13:30 to 15:00 PM
<i>Welcome and Introductions - Getting to know each other, presentation of the training and expectations of participants</i>	<i>Coffee Break</i>	<i>Team Building</i>	<i>Lunch Break</i>	<i>What is the difference between stress and burnout?</i>

#### Tuesday

9:00 to 11:00 AM	11:00 to 11:15 AM	11:15 to 12:30 PM	13:00 – 13:30 PM	13:30 to 15:00 PM
<i>The symptoms of stress – When stress is good or bad</i>	<i>Coffee Break</i>	<i>How to deal with stress in the work place</i>	<i>Lunch Break</i>	<i>Exploring the tools and methods - Case Studies</i>

#### Wednesday

<b>09:30 – 15:00 hrs</b>				
Networking Cultural Tour /// Visits to local realities				

#### Thursday

9:00 to 11:00 AM	11:00 to 11:15 AM	11:15 to 12:30 PM	13:00 – 13:30 PM	13:30 to 15:00 PM
<i>The symptoms of Burnout Syndrome</i>	<i>Coffee Break</i>	<i>How to prevent and deal with Burnout Syndrome</i>	<i>Lunch Break</i>	<i>Exploring the tools and methods - Case Studies</i>

#### Friday

9:00 to 11:00 AM	11:00 to 11:15 AM	11:15 to 12:30 PM	13:00 – 13:30 PM	13:30 to 15:00 PM
<i>Positive Experiences and outcomes</i>	<i>Coffee Break</i>	<i>How can I be more mindful and resourceful in the workplace</i>	<i>Lunch Break</i>	<i>Summary, course evaluation and closure</i>

In case of group trainings, the contents of the course can be changed to meet the needs of the participant