

## 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

<b>Hosting institution:</b>	University of Split
<b>Staff Week Title:</b>	<b>Mental Resilience in the academic environment</b>
<b>Abstract:</b>	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.
<b>Application details and deadline:</b>	Please register by <b>February 29<sup>th</sup>, 2024</b> using the online registration form <a href="#">HERE</a>
<b>Dates of the staff week:</b>	<b>April 16<sup>th</sup> - 18<sup>th</sup>, 2024</b>
<b>Number of participants:</b>	Each SEA-EU 2.0 university can propose up to 2 participants.
<b>Mobility costs:</b>	Erasmus + KA103 Staff Mobility
<b>Contact:</b>	<b>SEA-EU UNIST office</b> ( <a href="mailto:gdujmovic@unist.hr">gdujmovic@unist.hr</a> )

	<b>Antonia Peroš – Career management office</b> (anperos@unist.hr)
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<b>Target group/ expected profile of participants:</b>	<ul style="list-style-type: none"> <li>Academic and non-academic staff interested in the area of mental health</li> </ul> <p>Ideally, one academic participant and one practitioner from each country (partner university) would participate.</p>
<b>Requirements</b>	English B1
<b>Agenda</b>	<p><b>Day 1: 16th April 2024 - Tuesday</b></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 <b>Lecture:</b> Mental resilience and stress (prof. dr. sc Dolores Britvić, School of Medicine, Split)</p> <p><b>Workshop: Positive psychology techniques/emotional regulation techniques [POSSIBLE CONTRIBUTION]</b></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><b>Day 2: 17th April 2024 - Wednesday</b></p> <p>08:30-09:00 Registration, welcome coffee</p>

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

## Practical information

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