

LBG Career Center

Syllabus

Event	Career Workshop: Revitalize - Healthy Working Habits
Speaker/s	Mag. ^a Christine Hoffmann
PM	Mag. Christine Hudetz, MA
Time	19 October 2023, 9:00 am - 5:00 pm
Place	Loffice Wien, Schottenfeldgasse 85, 1070 Vienna
Language	English

Content:

Scientists face **various challenges** throughout their daily work life. Securing adequate funding for research projects, long waiting times and low acceptance rates in getting research published in reputable journals, balancing the responsibilities of research, teaching, and other important tasks. Often facing a decline in institutional support and a sense of isolation and loneliness in their pursuit of knowledge. The pressure in the scientific field takes a toll on the well-being of scientists.

This workshop provides you with the tools to **cultivate a gratifying work routine** and foster a harmonious **balance between work and life**. We delve into the functioning of your brain and well-being, granting you profound insights into your **fundamental needs**. You will identify your **primary stressors** and skillfully convert them into **achievable targets**. Throughout our journey, you will acquire knowledge about an array of **beneficial work habits**, that you can seamlessly integrate into your daily life.

You will be empowered to establish a **healthy and fulfilling work-life balance**.

Agenda

WHEN	WHAT	HOW
09:00 - 10:30	Unraveling the intricacies of brain function and well-being demands	Presentation and application of newly acquired knowledge in experience-based individual and group exercises
10:30 - 10:50	<i>Break</i>	
10:50 - 12:20	Redefining stress factors as objectives	Transfer tasks for implementation in your daily work routine
12:20 - 13:30	<i>Lunch Break</i>	

13:30 - 15:00	Healthy working habits	Presentation and application of newly acquired knowledge in experience-based individual and group exercises
15:00 - 15:20	<i>Break</i>	
15:20 - 17:00	Establishing a sustainable, healthy and fulfilling work routine	Transfer tasks for implementation in your daily work routine

Speaker

Mag. Christine Hoffmann

Work psychologist, trainer and coach

- Since 2015 management of the advanced training courses PSYCHOLOGICAL COACHING, PSYCHOLOGICAL TRAINING and CoachingMasterClass
- Since 2007 self-employed work psychologist, trainer and coach: www.christinehoffmann.at
- 2007 - 2011 senior-trainer and coach, ppc training Rath und Artner GmbH
- Since 2007 lecturer for coaching, leadership und team development (Institut for Applied Psychology, Vetmed University, ...)
- Since 2005 permanent education: certificates in coaching, work psychology, supervision, rhetoric, solution-focused coaching and training tooles (Reteaming, Cooperation, Brügger Modell der Lösungsfokussierung), hypnosystemic tools (Gunther Schmidt), neuroscientific development of potential
- 2001 – 2006 studies in psychology, University of Marburg & Vienna



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