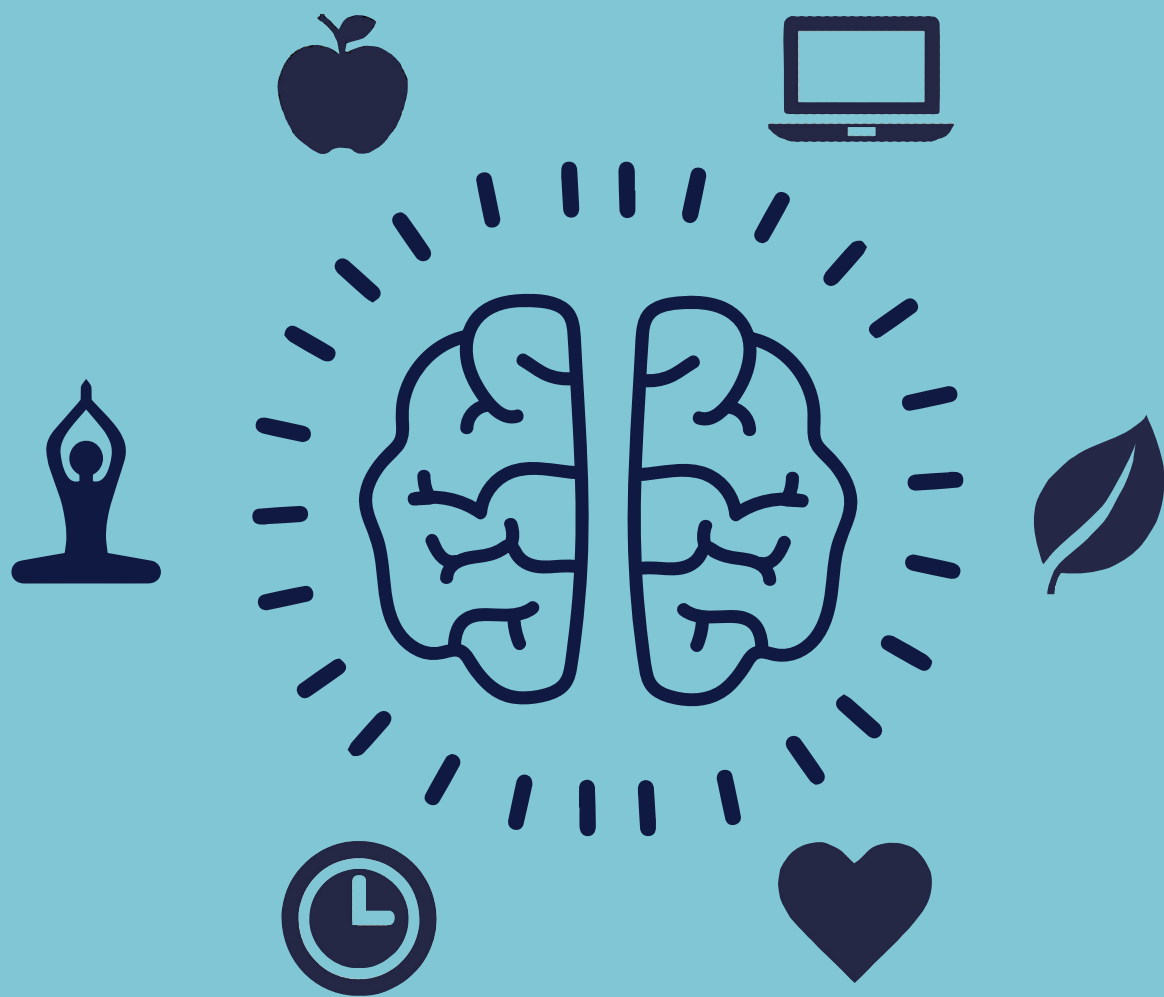


# PROGRAMME WELLBEING WEEK

NOVEMBER 16TH - 20TH 2020



Utrecht University

# PREFACE

As you have probably noticed, the Corona outbreak still has a significant impact on students and their daily lives: the new academic year has not started as you once imagined. This extraordinary situation brings about enduring challenges and insecurities. It can be difficult to stay focused in online classes, our social contacts sadly are still limited, and it is therefore a challenge to ensure both our physical and our mental wellbeing. Especially since there seems to be no end in sight.

In order to pay attention to the wellbeing of students and to start an open discussion about this topic in an accessible way and in various forms, Utrecht University organizes the Wellbeing Week which will take place from the 16th - 20th of November. This week offers all kinds of free online activities regarding your wellbeing. This week's goal is to provide students with tools to deal with for example concentration problems, performance pressure and other challenges. We offer various courses, such as a laughing workshop. As well as the possibility for one-on-one appointments with a professional and sport sessions. **Due to the recent Corona measures, all activities will be online.** They can be found in the registration form.

We are looking forward to seeing you online during the Wellbeing Week!

Team Wellbeing Week

# MONDAY NOVEMBER 16TH

09:00 - 17:00	Writing and study coaching	NL + EN
09:00 - 17:00	A Bright Conversation	NL + EN
09:00 - 09:30	Indoor bootcamp	EN
10:00 - 11:00	Meditation	EN
11:30 - 13:30	Stressmanagement	NL
13:00 - 15:00	Energy management	EN
13:00- 17:00 & 18:00 - 21:00	Growth mindset coaching	NL + EN
14:00 - 15:00	Inspiratiesessie: Creatief omgaan met corona	NL
14:00 - 16:00	Meditation customization	NL + EN
14:30 - 15:30	Botanisch tekenen	NL
15:00 - 15:45	HIIT Power	EN
16:00 - 17:00	Positieve psychologie	NL
17:30 - 19:30	Gezond en low-budget koken inclusief kookworkshop	NL
19:00 - 21:00	LOS Pubquiz	NL

# MONDAY NOV. 16TH

## WRITING AND STUDY COACHING

09:00 – 17:00 NL + EN An appointment takes 45 minutes

NL:

Het is een bijzonder collegejaar met extra uitdagingen op het gebied van thuis en online studeren. Vind je het lastig om jezelf te motiveren of om effectief te blijven schrijven en studeren? Het Skills Lab kan je hiermee helpen. Maak een afspraak voor schrijf- of studeercoaching via onze site.

EN:

It's a special academic year with additional challenges in home and online studying. Do you find it difficult to motivate yourself or to remain effective in your writing or study process? Skills Lab helps you with this. Make an appointment for free writing tutoring or study coaching via our website.

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## A BRIGHT CONVERSATION

09:00 – 17:00 NL + EN An appointment takes 45 minutes

In A bright conversation, you can discuss how you deal with life situations with an experienced facilitator. We explore what is going on and how you experience everything, and look for what is beneficial for you in this situation. Sometimes, that is just discussing your concerns with someone who is a good listener. Sometimes, it is about giving meaning, giving the experiences a place. Sometimes, you'll get suggestions that can help against pondering.

The Bright Conversation is an opportunity to reflect on everything that's quickly forgotten in a busy life, or on that which comes to the surface in an exceptional situation, like the corona crisis.

## INDOOR BOOTCAMP | OLYMPOS LIVESTREAM

09:00 – 09:30 EN

Bootcamp is a fitness program to get you into shape quickly. The main aspects are: doing exercises in a group, improving your fitness and strength, getting fit and flexible and having FUN! In short, the ideal work-out to challenge you to make you feel strong, fit, energetic and getting into shape.

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## MEDITATION

10:00 – 11:00 EN

In the hectic pace of everyday life, it is important and pleasant to consciously build in moments of peace. This allows body and mind to recover from all efforts. Meditation is one of the ways to do that. It is a conscious training of attention, for which all kinds of techniques exist.

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## STRESSMANAGEMENT

11:30 – 13:30 NL

Stress! Dat is iets waar we allemaal wel ervaring mee hebben, maar stress is voor iedereen anders. In deze workshop willen we met jullie gaan kijken naar de dingen die jou stress opleveren, maar tegelijkertijd ook kijken naar de dingen die je gelukkig maken en je goed laten voelen. Het doel van deze workshop is om meer bewustzijn te creëren van de dingen die invloed hebben op hoe jij je voelt. Door middel van mindfulness oefeningen en je zelf te laten nadenken over je patronen willen we je helpen meer inzicht te krijgen in je eigen stress. Krijg zelf meer grip op je stress en meld je aan!

# MONDAY NOV. 16TH

## ENERGY MANAGEMENT

13:00 – 15:00 EN

Your daily activities and tasks require physical and mental energy. At the same time you will gain energy from having responsibilities, social relationships and leisure activities. It is important to sufficiently recharge and to experience a certain balance between exertion and relaxation.

In this workshop you will learn more about your personal energy management. What constitutes energy and how can you regulate that in a sustainable way? You will discover that your battery consists of several components. Every component can get empty while using it and needs to be recharged as a consequence. You will investigate what requires energy and what gives you energy and how to find a balance between both. Also, you will investigate how boredom, feeling overwhelmed and the concept of flow are interrelated.

After this workshop you will have more grip on your own energy pattern. This will lead to less waste and more flow.

## GROWTH MINDSET COACHING

13:00 – 17:00 & 18:00 - 21:00 NL + EN

*An appointment takes 45 minutes*

When you can just use a boost ...

When you want to talk things through to unravel the pro's and con's ...

When you did a workshop this week and are left with new questions ...

... You get into contact with an online coach of the Online Coaching Center.

Your coach is a trained student and will:

- really listen carefully, unprejudiced, and think out loud together with you.
- challenge you to find new options suited for you.
- support you with new steps you want to take.

Applications before the wellbeing week and during the wellbeing week:

<https://occ.sites.uu.nl/wellbeing-application/>

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## INSPIRATIESESSIE CREATIEF OMGAAN MET CORONA

14:00 – 15:00 NL

Je leven is niet meer wat het was. Geen colleges, geen contact met medestudenten, geen feestjes, werk, reizen of familiebijeenkomsten. Je natuurlijke beweging naar anderen toe wordt stopgezet door iets van buiten. Door het virus dat ronddwaalt en ons op een bepaalde manier allemaal gevangenhoudt. Gevangen in wat er niet meer kan en mag. Dit kan een gevoel van weerstand, machteloosheid, verzet, somberte, frustratie, verdriet of boosheid bij je opwekken. Hoe ga je om met deze gevoelens en hoe kun je jezelf bevrijden uit deze gevangenis? Wat vraagt dat van je en wat is hulp daarbij? Daarover gaat het in deze inspiratiesessie. Deze inspiratiesessie wordt verzorgd door Better Be Me.

# MONDAY NOV. 16TH

## MEDITATION CUSTOMIZATION

14:00 – 16:00 NL + EN

The instructions for meditation are usually quite simple, aimed at training your attention. Practice is often more unruly; in the process you can run into all kinds of things. Dealing with a lot of fuss in your head, worries, agitation, boredom. In addition, you may have questions about your posture, about something that keeps you from meditating regularly, about how you can stay inspired. When you meditate with an app, there is not always the opportunity to ask your personal questions about this. We would like to offer this opportunity in the Wellbeing Week. You can book an online or telephone conversation and get a customized advice in 15 minutes.

## BOTANISCH TEKENEN

14:30 – 15:30 NL

In deze online workshop ga je botanische illustraties maken geïnspireerd op de oude botanische tekeningen die op dit moment populair zijn. Laat je inspireren door bijzondere bloemen en planten. Door goed te kijken naar de unieke vormen, structuren en kleuren verbeter je je tekenvaardigheden. Je leert hoe je krachtige vormen en lijnen, de juiste verhoudingen en schaduwen tekent. Even lekker ontspannen met een uurtje creatief bezig zijn. Bij deze workshop ga je aan de slag met de materialen die je zelf in huis hebt.

## HIIT POWER | OLYMPOS LIVESTREAM

15:00 – 15:45 EN

The workout when it comes to effectively stimulating your fat burning and increasing your muscle condition and endurance. In addition, it is a very efficient way to improve your sports performance. During the HIIT Power you combine high-intensity cardiovascular exercises with different strength endurance exercises. These exercises will be performed with your own body weight as well as with extra weight.

## POSITIEVE PSYCHOLOGIE EN LEVENSKUNST: DE BESTE TIPS

16:00 – 17:00 NL

In deze workshop word je in een uurtje meegenomen op een reis van de klassieke psychologie (Freud, Skinner), via de humanistische psychologie (Rogers, Maslow) naar de jongste tak: de positieve psychologie. Waar Freud heel bescheiden was en meende dat je niet veel verder kon komen dan van hysterische ellende "gewoon ongeluk" maken, gingen Rogers en Maslow uit van groei, keuze en zelfontplooiing. Positieve psychologen leren ons zelfs hoe je gelukkiger kan worden, bv door het trainen van dankbaarheid.

Vincent Duindam (psycholoog) illustreert dit met voorbeeldjes uit zijn eigen leven. Zo lezen we deze regels in zijn eerste dichtbundel (1980): "We gaan doe het leven heen, met de startblokken aan het been." Deze pessimistische visie ligt nu vrij ver achter hem.

Tenslotte laten we zelfs even de grenzen van de academische psychologie achter ons en kijken wat er in de Dhammapada en Bhagavad Gītā genoteerd staat over; het goede leven'. Het lawaai van je drukke gedachten laten verstillen en in contact komen met je meer essentiële zelf.

# MONDAY NOV. 16TH

## **GEZOND EN LOW-BUDGET KOKEN INCLUSIEF KOOK- WORKSHOP**

**17:30 – 19:30 NL**

Tijdens deze interactieve workshop gaan we de wondere wereld verkennen van gezond en low-budget koken. In het eerste gedeelte hebben we het over wat gezonde voeding is. Hoe eet jij op dit moment? En welke stappen kan jij zetten voor een gezond(er) voedingspatroon? In het tweede gedeelte van de workshop gaan we zelf aan de slag met het bereiden van een eenvoudige, gezonde maar ook goedkope studentenmaal. Ontdek welke smaakcombinaties bij jou passen!

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## **LOS PUBQUIZ**

**19:00 – 21:00 NL**

Hoeveel weet jij eigenlijk van seks, drugs en rock 'n roll? Daag jezelf en je vrienden uit tijdens de online pubquiz van LOS! Wordt jullie groepje de winnaar, en hebben jullie daarmee je kennis over deze welzijnsthema's op orde, of is dit voor jou juist een kans om hier meer informatie over op te doen? Na deze quiz heb je in ieder geval een berg aan spannende feitjes tot je beschikking!

Dit is een online quiz, dus je kunt 'm overal doen. Alleen, of samen met je huisgenoten of vrienden. Maar je kan natuurlijk ook online met elkaar afspreken!

### **Aanmelden**

Doe je ook mee? Meld je aan via [jellinek.nl/studenten](https://jellinek.nl/studenten). Je krijgt van ons een mailtje met de link naar de livestream en de linkjes naar de antwoordformulieren. Je mailadres wordt niet opgeslagen of gebruikt voor andere doeleinden dan deelname aan de pubquiz.

# TUESDAY NOVEMBER 17TH

09:00 - 17:00	Writing and study coaching	NL + EN
09:00 - 17:00	A Bright Conversation	NL + EN
09:30 - 10:00	Morning Pilates	EN
11:00 - 13:00	Dealing with performance pressure	EN
13:00 - 17:00 & 18:00 - 21:00	Growth mindset coaching	NL + EN
13:30 - 15:00	A walk into the silence	NL + EN
14:00 - 15:00	Self-love dance workshop	NL + EN
15:00 - 15:45	Booty workout	EN
17:00 - 18.15	Studentendenken: praktisch filosoferen in onpraktische tijden	NL
from 18:00	Eet Mee	NL + EN
19:30 - 20:30	Op adem: meditatie	NL
21:00 - 22:00	Self-love dance workshop	NL + EN



# TUESDAY NOV. 17TH

## WRITING AND STUDY COACHING

09:00 – 17:00 NL + EN An appointment takes 45 minutes

NL:

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## A BRIGHT CONVERSATION

09:00 – 17:00 NL + EN An appointment takes 45 minutes

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## MORNING PILATES | OLYMPOS LIVESTREAM

09:30 – 10:00 EN

Pilates is a complete training for your body and mind. Pilates goes 'back to the basics': back to all natural forms of movement, back to the natural muscle chains. Pilates is particularly powerful because of the simplicity and combinations of the movements. Strength as well as flexibility and stability are addressed. Emphasis is on your 'power house', i.e. the centre of your body: your back, stomach and waist.

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## DEALING WITH PERFORMANCE PRESSURE

11:00 – 13:00 EN

Are you looking for opportunities to deal with stress and performance pressure? After this active workshop:

- You have insight into how you can signal stress and performance pressure in your own life.
- You have new ideas on how to discuss stress and performance pressure in your life.
- You got inspired on how to deal with stress and performance pressure.
- You know who to turn to for support on the subject of stress and performance pressure.

# TUESDAY NOV. 17TH

## A WALK INTO THE SILENCE

13:30 – 15:00 NL + EN

Step out of the hustle and bustle of the day. Say goodbye to your laptop and go outside. Back to nature. Treat yourself with a moment of rest and relaxation. Especially now we are busy, feel the pressure and have a lot of choices to make. We cook for people in need, we would like to knit the Corona-sweater and we need to study online.

Our situation has changed. Maybe you study at home with your family or are alone in your room. Or miss your beloved ones. This walk gives you the opportunity to come back to yourself. The things that occupy you, the questions you have. For example, am I doing the right things, how can I take good care of myself, what things make me happy. In the silence, the answers come naturally...

We walk together. Periods of silence are alternated with exercises that provide insights. A relaxed walk in silence. Let nature surprise you!

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## GROWTH MINDSET COACHING

13:00 – 17:00 & 18:00 - 21:00 NL + EN

*An appointment takes 45 minutes*

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## SELF-LOVE DANCE WORKSHOP

14:00 – 15:00 NL + EN

Hi all! My name is Meis and I graduated last year from the department Dance Education at the University of Arts in Amsterdam. I'll give a workshop focused on relaxing through movement, letting go, treating ourselves with some self-love, getting into our bodies and being soft while doing so. And all that through dance. Having fun, grooving and researching what our bodies are capable of in a very relaxing way. Hope to see you guys in class!

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## BOOTY WORKOUT | OLYMPOS LIVESTREAM

15:00 – 15:45 EN

Would you like to get a round and tight booty? This is the workout for you! During a 55-minute workout on the newest beats, you will exercise your legs and butt. Your own body weight will be the main tool while a hip 'n tie and weights are added for further intensity and maximum fat burn. Interested? Join Emma & Roos @ Olympos booty workout!

# TUESDAY NOV. 17TH

## STUDENTENDENKEN: PRAKTISCH FILOSOFEREN IN ONPRAKTISCHE TIJDEN

17:00 – 18:15 NL

De auteurs van het boek Studentendenken (Uitgeverij Prometheus) organiseren voor de Online Wellbeing Week een evenement waarin zij met het publiek in gesprek gaan over onderwerpen als prestatiedruk, vervreemding, vriendschap, vrijheid, eenzaamheid en zinloosheid. In hun boek kaarten zij deze en andere onderwerpen aan en laten zij zien hoe de filosofie hen daarbij heeft geholpen. De coronacrisis is nog steeds aan de gang en houdt ons langer dan we allen dachten in de greep. Dit roept een hoop vragen op. Hoe blijven we onszelf? Welke betekenis ontlenen we aan deze situatie? Hoe gaan we hier als studenten mee om? De auteurs zullen tijdens het evenement het gesprek aangaan met het publiek over deze vraagstukken.

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## EET MEE / EAT TOGETHER

from 18:00 NL + EN

Participate in the Student Wellbeing Week's virtual dinner event, in co-operation with the non-profit organisation Eet Mee (= Eat Together).

Eet Mee is a national platform for those who like to meet new people, have a nice chat and enjoy sharing a meal. Eet Mee offers the perfect way to meet others from all walks of life. In these Covid-19 times, when meeting in person is challenging, Eet Mee is organizing Video-Dinners.

During the Wellbeing Week, we are encouraging everyone to sign up as either a host or guest for a Video-Dinner on Tuesday 17th November. You prepare your own food and drinks, sit in the comfort of your own home, login and chat with others (you can choose if you want to meet with other students only or with other Eet Mee participants).

## OP ADEM: MEDITATIE

19:30 – 20:30 NL

Heb jij wel eens een vol hoofd of onrust in je lichaam na een drukke dag? Kom op adem, en ontdek hoe je jezelf tot rust kunt brengen in vier stappen. Van oppervlakkige drukte naar diepe innerlijke rust. We gaan hier in deze workshop praktisch mee aan de slag door ontspanningsoefeningen, ademhalingsoefeningen en meditatie. Een reis door je lichaam. Je wordt meegenomen langs de vier gebieden van je mens-zijn; lichaam, geest, hart en ziel. Je ontdekt hoe deze gebieden met elkaar in verbinding staan. 'De langste reis is de reis naar binnen', zei Dag Hammarskjöld. Elke reis begint met een eerste kleine stap.

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## SELF-LOVE DANCE WORKSHOP

21:00 – 22:00 NL + EN

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# WEDNESDAY NOVEMBER 18TH

09:00 - 17:00

Writing and study coaching

NL + EN

09:00 - 17:00

A Bright Conversation

NL + EN

09:00 - 09:30

Morning yoga

EN

10:00 - 12:00

Student happiness in Corona times

EN

12:45 - 13:00

Stretchy break

EN

13:00 - 17:00 & 18:00 - 21:00

Growth mindset coaching

NL + EN

14:30 - 16:00

Keeping it light

EN

17:00 - 18:30

Cyclical beings Workshop

EN

20:30 - 21:00

Online lay-down concert

NL + EN

# WEDNESDAY NOV. 18TH

## WRITING AND STUDY COACHING

09:00 – 17:00 NL + EN An appointment takes 45 minutes

NL:

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## MORNING YOGA | OLYMPOS LIVESTREAM

09:00 – 09:30 EN

Yoga literally means 'union', a balance of body and mind, a singular awareness. Through the use of dynamic and static exercises we try to find a balance between tension and relaxation, between strength and flexibility, between wanting to and being able to.

During the lesson we will be consciously working towards focus and concentration on the things you do when you do them. You will be instructed in breath control as an introduction to meditation: when your breath is still, your mind can be still too. Practising yoga means to connect and harmonise your own personal path with the world around you.

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## STUDENT HAPPINESS IN CORONA TIMES

10:00 – 12:00 EN

The corona measures have had an enormous impact on us, and are still affecting our lives intensely. Now that we are deep diving into the second wave, it might be a good time for some reflection. What have you learned from the months of studying by yourself, what are the things you miss, what have you actually learned to appreciate and what have you come to understand about yourself? How do you deal with a collapsed social life, how is your intrinsic motivation for your study affected by the lockdown, and what lessons do you want to share and take with you to the future? In this workshop we will discuss these questions together, dive into theory behind (study) happiness and learn how to empower ourselves to create a meaningful student life in Corona times!

# WEDNESDAY NOV. 18TH

## **STRETCHY BREAK --- LIVESTREAM**

**12:45 – 13:00 EN**

A Stretchy break ensures that you remain active during your study day. In this session, the focus will lie on both muscle-strengthening and stretching exercises that you can easily do while standing next to your study place in normal clothes. A coach will virtually demonstrate the exercises and give you instructions on how to do them yourself. The session is meant to break up your sitting time. After this 30-minute long energizer, you will have enough energy to get back to study! Make sure you tune in via the @utrechtuniversity Instagram!

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## **GROWTH MINDSET COACHING**

**13:00 – 17:00 & 18:00 - 21:00 NL + EN**

*An appointment takes 45 minutes*

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## **KEEPING IT LIGHT**

**14:30 – 16:00 EN**

Join other students and moderator Bart Mijland (Department of Philosophy & Religious Studies) for a discussion on Light. Light is an important part of many religious, spiritual and philosophical traditions. In this session we will highlight various practices and ideas, and explore what they mean to us in these darker times (Fall/Winter, cloudy days, Corona, and political/social developments). How do we keep the light in our lives? We'll search for meaningful answers and practical tips.

If this sounds too heavy, don't worry, we aim to keep it light. Before this session, you'll receive some inspiration and a short assignment to prepare, so we'll have a clear starting point for the discussion. And obviously, the discussion is open to insights from personal experience, your cultural or religious background, and academic research, so feel free to shine your own light on the topic!



# WEDNESDAY NOV. 18TH

## **CYCLICAL BEINGS WORKSHOP**

**17:00 – 18:30 EN**

What if there were a perfect time of day for each one of our routines? Eating, sleeping, critical thought, engaging with friends, meditation, etc. And not because our agenda dictates availability, but because it best aligns with our natural rhythms. In a day and age where we are heavily influenced by time's demands, and operating on a 24/7 all-access pass, we've forgotten our most important time-keeper: our body. During this workshop, Lauren Kiraly, founder of FORM Project, will guide us through the body's natural 24-hour clock, and facilitate a discussion around what it means to re-sync with this native form of time-telling. Time-management takes on a new meaning when it's no longer about how much we can cram into a given day, but how we time our actions with our body's natural cycles of productivity.

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## **LAY-DOWN CONCERT**

**20:30 – 21:00 NL + EN**

Normally the lay-down concert would take place in the beautiful church, de Janskerk, located in the city center of Utrecht. However, we cannot provide this experience in real-live due to the current circumstances. Therefore in this edition you can join the concert from your warm home! Make sure you find a comfortable and quiet place at home, when the concert will be released. You will hear the music played by Laurens de Man. He is a master in playing the organ and piano, and shall treat you with some spectacular music!

# THURSDAY NOVEMBER 19TH

09:00 - 17:00	Writing and study coaching	NL + EN
09:00 - 17:00	A Bright Conversation	NL + EN
10:00 - 12:00	Energiemanagement	NL
10:30 - 12:00	A walk into the silence	NL + EN
11:30 - 12:30	Laughing workshop	EN
13:00 - 14:30	Burlesque Dance	EN
13:00 - 15:00	Omgaan met prestatiedruk	NL
13:00 - 17:00 & 18:00 - 21:00	Growth mindset coaching	NL + EN
15:00 - 15:45	Boxing	EN
16:00 - 17:00	Keeping your focus lecture	EN
17:15 - 18:00	Meditation Lab	EN
19:30 - 20:30	Slaapexpert: Energiek en uitgerust je dag door	NL



# THURSDAY NOV. 19TH

## WRITING AND STUDY COACHING

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## ENERGIEMANAGEMENT

10:00 – 12:00 NL

Jouw dagelijkse taken en activiteiten vereisen fysieke en mentale energie. Tegelijkertijd krijg je energie van verantwoordelijkheden, sociale relaties en vrijetijdsbesteding. Het is belangrijk om voldoende op te laden en een zekere balans te ervaren tussen inspinnen en ontspannen.

In deze workshop krijg je meer inzicht in je persoonlijke energiemangement. Je zult ontdekken dat jouw persoonlijke accu bestaat uit verschillende componenten. Elk component kan leegraken tijdens het gebruik en dient daarom weer te worden opgelaten. Wat vraagt om energie en wat geeft energie en hoe kun je hier duurzaam mee omgaan? Ook onderzoek je hoe verveling, overvraagd worden en het begrip flow met elkaar samenhangen.

Na het volgen van deze workshop heb je meer grip op je eigen energiepatroon. Dit leidt tot minder verspilling en meer flow.

# THURSDAY NOV. 19TH

## A WALK INTO THE SILENCE

10:30 – 12:00 NL + EN

Step out of the hustle and bustle of the day. Say goodbye to your laptop and go outside. Back to nature. Treat yourself with a moment of rest and relaxation. Especially now we are busy, feel the pressure and have a lot of choices to make. We cook for people in need, we would like to knit the Corona-sweater and we need to study online.

Our situation has changed. Maybe you study at home with your family or are alone in your dorm. Or miss your beloved ones. This walk gives you the opportunity to come back to yourself. The things that occupy you, the questions you have. For example, am I doing the right things, how can I take good care of myself, what things make me happy. In the silence, the answers come naturally...

We walk together. Periods of silence are alternated with exercises that provide insights. A relaxed walk in silence. Let's nature surprise you!

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## LAUGHING WORKSHOP

11:30 – 12:15 EN

A fake laughter has the same effects on your brains as a real laughter. When you pull up the corners of your mouth, you can fool your brains; they will produce the happy hormone endorphins and stress hormones will reduce. This is why we laugh for no reason during this workshop. You can learn to influence yourself on a positive way. To arouse the laughter, the laughter-coach will give different exercises. The trainer pulls the participants out of their comfort zone and will choose the best laughter generators to do so. Motion creates emotion and fake it till you make it are common statements. We ask everybody to turn on your camera, since laughter is very contagious.

## BURLESQUE DANCE

13:00 – 14:30 EN

Burlesque is often an exaggeration of an expression, like shyness, clumsiness or feeling incredibly sexy. Charlotte's Burlesque classes are tasteful and humorous and are held in a safe environment where you are free to develop your own skills. In class, we focus on moving elegantly and feminine. We will utilise your own strengths and beauty. And you definitely don't need to undress!

Burlesque increases your confidence and self-esteem. It is THE class if you want to move easier, more elegant and more comfortable in heels, but you can also wear socks, sneakers, or dance barefoot.

What you will learn:

- to move elegantly and feminine
- to perform a choreography based on new moves
- to develop your dramatic skills
- to move easily and elegantly in heels

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## OMGAAN MET PRESTATIEDRUK

13:00 – 15:00 NL

Ben je op zoek naar mogelijkheden om om te gaan met stress en prestatiedruk? Na deze actieve workshop:

- Heb je inzicht in hoe je door jou ervaren stress en prestatiedruk kan signaleren.
- Heb je ideeën over hoe je door jou ervaren stress en prestatiedruk bespreekbaar kan maken.
- Heb je inspiratie opgedaan over hoe je kunt omgaan met stress en prestatiedruk.
- Weet je bij wie je terecht kunt voor ondersteuning op het gebied van het ervaren van prestatiedruk. treat you on some spectacular images of the Janskerk.

# THURSDAY NOV. 19TH

## **GROWTH MINDSET COACHING**

**13:00 – 17:00 & 18:00 - 21:00 NL + EN**

*An appointment takes 45 minutes*

When you can just use a boost ...

When you want to talk things through to unravel the pro's and con's ...

When you did a workshop this week and are left with new questions ...

... You get into contact with an online coach of the Online Coaching Center.

Your coach is a trained student and will:

- really listen carefully, unprejudiced, and think out loud together with you.
- challenge you to find new options suited for you.
- support you with new steps you want to take.

Applications before the wellbeing week and during the wellbeing week:

<https://occ.sites.uu.nl/wellbeing-application/>

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## **BOXING | OLYMPOS LIVESTREAM**

**15:00 – 15:45 EN**

Boxing boosts your self-confidence and improves both your physical and mental condition. An increasing number of women has been taking up boxing. Training is mixed and recreationally oriented.

## **KEEPING YOUR FOCUS LECTURE**

**16:00 – 17:00 EN**

*\*How to concentrate in a world of beeping smartphones, channel surfing, live-tweeting, pop-up ads, and other distractions.\**

We are in the midst of an attention crisis—caused in large part by our smartphones. There's a constant stream of information that we are powerless to withstand because it shows up in our notifications. More and more of us are finding it harder and harder to concentrate. In this lecture, attention expert and cognitive psychologist Stefan Van der Stigchel explains how concentration works and offers advice on how to stay focused in a world of beeping smartphones, channel surfing, live-tweeting, pop-up ads, and other distractions.

The good news, Van der Stigchel reports, is that we now know more about brain and behavior than ever before, and he draws on the latest scientific findings in his account of concentration. He explains, among other things, that the battle for our attention began long before the digital era; why our phones are so addictive; the importance of working memory (responsible for executing complicated tasks) and how to increase its capacity; and why multitasking is bad for our concentration, but attention rituals help it. We can win the battle for our attention, Van der Stigchel argues, if we have the knowledge and the tools to do it.

# THURSDAY NOV. 19TH

## **MEDITATION LAB**

**17:15 – 18:00 EN**

In the hectic pace of everyday life, it is important and pleasant to consciously build in moments of peace. This allows body and mind to recover from all efforts. Meditation is one of the ways to do that. It is a conscious training of attention, for which all kinds of techniques exist.

In the Meditation Lab, low-threshold guided meditations are offered every week, suitable for beginners and advanced practitioners. You are welcome if you want to learn to meditate and also if you want to maintain or deepen your meditation or mindfulness exercise.

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## **SLAAPEXPERT: ENERGIEK EN UITGERUST JE DAG DOOR**

**19:30 – 20:30 NL**

Voel je fitter, blijer, geconcentreerder en productiever. Haal meer uit je nacht en word de persoon waar je altijd van "gedroomd" hebt. Op 19 november verzorgt voormalig UU student en slaapexpert Drs. Alies Coster een inspirerende slaapplezing. Na deze leerzame, maar vooral leuke bijeenkomst ben je het geheim van een goede nachtrust en een persoonlijk actieplan rijker en stap je dus al meer relaxed achter je laptop vandaan dan je ging zitten.

# FRIDAY NOVEMBER 20TH

09:00 - 17:00	Writing and study coaching	NL + EN
09:00 - 17:00	A Bright Conversation	NL + EN
09:00 - 09:30	Morning yoga	EN
13:00 - 15:00	Stress management	EN
13:00 - 15:00	Workshop poëzie	NL
13:00 - 17:00 & 18:00 - 21:00	Growth mindset coaching	NL + EN
15:00 - 15:45	Zumba	EN

# FRIDAY NOV. 20TH

## WRITING AND STUDY COACHING

09:00 – 17:00 NL + EN An appointment takes 45 minutes

NL:

Het is een bijzonder collegejaar met extra uitdagingen op het gebied van thuis en online studeren. Vind je het lastig om jezelf te motiveren of om effectief te blijven schrijven en studeren? Het Skills Lab kan je hiermee helpen. Maak een afspraak voor schrijf- of studeercoaching via onze site.

EN:

It's a special academic year with additional challenges in home and online studying. Do you find it difficult to motivate yourself or to remain effective in your writing or study process? Skills Lab helps you with this. Make an appointment for free writing tutoring or study coaching via our website.

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## A BRIGHT CONVERSATION

09:00 – 17:00 NL + EN An appointment takes 45 minutes

In A bright conversation, you can discuss how you deal with life situations with an experienced facilitator. We explore what is going on and how you experience everything, and look for what is beneficial for you in this situation. Sometimes, that is just discussing your concerns with someone who is a good listener. Sometimes, it is about giving meaning, giving the experiences a place. Sometimes, you'll get suggestions that can help against pondering.

The Bright Conversation is an opportunity to reflect on everything that's quickly forgotten in a busy life, or on that which comes to the surface in an exceptional situation, like the corona crisis.

## MORNING YOGA | OLYMPOS LIVESTREAM

09:00 – 09:30 EN

Yoga literally means 'union', a balance of body and mind, a singular awareness. Through the use of dynamic and static exercises we try to find a balance between tension and relaxation, between strength and flexibility, between wanting to and being able to.

During the lesson we will be consciously working towards focus and concentration on the things you do when you do them. You will be instructed in breath control as an introduction to meditation: when your breath is still, your mind can be still too. Practising yoga means to connect and harmonise your own personal path with the world around you.

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## STRESS MANAGEMENT

13:00 – 15:00 EN

Stress! Something we're all familiar with yet all experience differently. In this workshop we would like to discover with you the things that bring you stress, but to also look at the things that make you happy and feel good. The aim for this workshop is to bring awareness about both of these aspects of wellbeing. To achieve this we will discuss what we experience in our lives but also what we experience in the here and now. Through mindfulness exercises, sharing and learning about the background of stress we aim to bring you more insight in your own wellbeing. Through mindfulness we'll try to achieve a more nonjudgmental state of mind and more awareness of our inner state. We hope to see you there!

# FRIDAY NOV. 20TH

## **GROWTH MINDSET COACHING**

**13:00 – 17:00 & 18:00 - 21:00 NL + EN** *An appointment takes 45 minutes*

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## **WORKSHOP POËZIE**

**13:00 – 15:00 NL**

Tijdens de cursus Poëzie duik je met docent Annet Bremen in de wereld van de dichtkunst. In een twee-uur durende workshop krijg jij een inzicht in de wereld van proza en poëzie en ga je aan de slag met concrete oefeningen.

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## **ZUMBA | OLYMPOS LIVESTREAM**

**15:00 – 15:45 EN**

Revolutionary Zumba is inspired by Latin American dance; it is a fat-burning, muscle-strengthening workout. Because Zumba is so much fun, it never feels like you are working out! Its secret is the revolutionary training technique called 'rhythm progression'. With each swinging Zuma dance move, you work on your lower body, your stomach muscles, your waist and your upper body. And, what's best: the rhythm progression technique is quick and easy to learn. So let's start dancing!