

## Session

# Controlled by Stress or Stress Under Control?

<b>Dates</b>	Tuesday March 9 — 09:30 - 11:30 Wednesday March 17 — 09:30 - 11:30 Friday March 19 — 09:30 - 11:30
<b>Location</b>	Online via Teams
<b>Price</b>	Free
<b>Register</b>	<a href="https://vlhora.formstack.com/forms/vllg_2021_controlledbystress">https://vlhora.formstack.com/forms/vllg_2021_controlledbystress</a>

<b>Target group</b>	Researchers who juggle several responsibilities and demanding tasks.
<b>Goal</b>	Identify critical pitfalls coming from stress, handle them in a more relaxed and constructive way

### Description

A career in science is a challenging and sometimes demanding endeavour. Even more so during these extraordinary pandemic times of Covid 19. It requires a lot of energy, commitment and stamina. Hence, maintaining a good work-life-balance is key and will remain relevant throughout your professional life. A large number of researchers is affected by stress-related disease at some point of their career. However, it does not have to get that far! Would you like to actively prepare and protect yourself? Do you feel exhausted and would you like to know how to realign and balance your vitality and your personal life with your commitment for your projects?

This workshop provides you with an overview of warning signals and critical factors that might lead to burnout or stress-related disease. You will receive check lists in order to identify relevant signals at an early stage. Special interest will be paid to factors that enhance your health and prove useful as "first aid kit" when feeling exhausted. Case examples and suggestions together with practical exercises and self-reflection help you transfer your newly acquired knowledge. At the end of the workshop you will be able to identify critical pitfalls coming from stress, handle them in a more relaxed and constructive way thus using them for your own benefit



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### Teacher

André Kellner gained a degree in Psychology from the Catholic University of Eichstätt-Ingolstadt and has been a therapist, coach and mental trainer since 2009. In addition to clinical work at his private practice in Munich, André takes a particular interest in the topics of prevention and health preservation and has worked as a trainer in those fields since 2011.

André is the author of specialist articles on trauma therapy, health in the workplace and healthy leadership. He advises companies on the issues of health management and the development of management personnel, gives talks and delivers training courses and workshops. He possesses extensive clinical qualifications and experience in the treatment of trauma-induced disorders, stress and burnout.

This background enables him to provide goal-oriented guidance in the fields of prevention and health preservation alike, and he sees it as his purpose in life to pass on his knowledge in those areas as a means of empowering people to enhance not only their quality of life, but also their enjoyment of it.

