



# APPLY FOR **TRANSFORM4EUROPE** PROFESSIONAL DEVELOPMENT TRAINING

The **Transform4Europe** Alliance has developed various innovative training materials as short online training units (webinars). The training sessions take place on November 2024. The webinars will cater to and foster various skills – that may be of use for every academic or/and non-academic staff member from across the Alliance.

We encourage you to take advantage of this opportunity and register for the webinars to further develop your competencies. The list of available **webinars in November** and registration forms can be found below.

## Webinars for Non-Academic Staff in November:

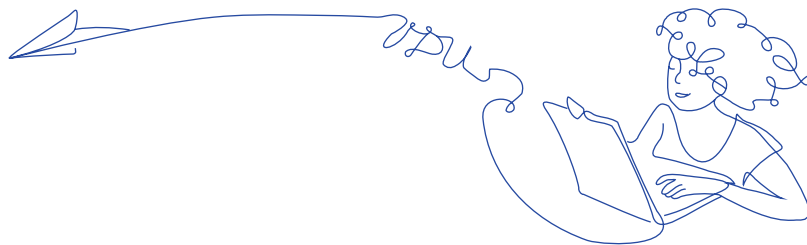
Webinar title	Target Audience	Lecturer	Date/Time
<b>„Dealing with the daily flood of tasks – methods for effective task planning“.</b> Everyone is familiar with the daily flood of new, important and urgent tasks that demand to be completed. It's easy to lose the overview in this flood of tasks. We are often frustrated at the end of the working day, because there are still many uncompleted points. In this webinar, you will learn about different methods of task prioritization, exchange best practices and reflect on the strengths and weaknesses of your own task coordination.	Non-Academic Staff	Lecturer – Vivien Seimetz (Saarland University). As a personnel developer, she support individuals and teams in shaping their working conditions and processes. With a degree in psychology, a certificate as a systemic consultant and various practical experiences, lecturer contribute both – theoretical approaches and practical methods of time management and task planning.	November 8, 9.00–11.00 CET. (MS Teams). <a href="#">Apply here.</a>
<b>„Influencing and motivating others towards shared goals in today's worlds of knowledge and innovation“.</b> The webinar will focus on the use of innovation in our work. Do we really need innovation in our work, who needs it, why, what kind of innovation, for what kind of work (knowledge), how can we integrate this kind of innovation in our daily work among employees, into work teams – where are the challenges, opportunities but also threats?	Non-Academic Staff	Dr. Simona Kustec is a Professor at the Faculty of Management of the University of Primorska and head of the transfer office the Centre for Development and Transfer of Knowledge. Her research interests include innovation and knowledge policies, management and governance, as well as human rights and democratic practices.	November 12, 9.00–11.00 CET. (MS Teams). <a href="#">Apply here.</a>



Please follow us on:



[Transform4Europe.eu](https://transform4europe.eu)



<p><b>„Skills for a Balanced Life: Mindfulness, Resilience and Healthy Lifestyle“.</b> This webinar is designed to help participants identify and implement personalized strategies that promote a healthy work–life balance. Participants are expected to learn strategies for effective time management, recognize signs of imbalance, and be able to generate an individual action plan that includes healthy habits and prioritizes both personal and professional goals to improve overall well-being.</p>	<p>Non-Academic Staff</p>	<p>Rocío Juliá–Sanchis is a Senior Lecturer at the University of Alicante. She teaches the subjects „Community nursing, mental health, psychiatry and ethics“, „Practicum XI: Nursing care in mental health and community intervention“ of the Nursing Degree“, and others. Silvia Escribano is a Professor at the University of Alicante and a researcher in the Person-Centered Care and Innovation in Health Outcomes group. Her research activity is mainly developed in the thematic areas of health and well-being, and teaching innovation at the undergraduate and postgraduate levels.</p>	<p>November 13, 10.00–12.00 CET. (MS Teams). <a href="#">Apply here.</a></p>
<p><b>„Stress reduction techniques: Using cognitive-behavioral therapy techniques while being kind to yourself“.</b> Participants will learn to approach daily challenges through the lens of the cognitive-behavioral model. They will learn how thoughts, emotions, and behaviors are intertwined. They will practice examining their thoughts and being compassionate toward themselves. The main aim of the webinar is to learn and practice evidence-based cognitive-behavioral (CBT) techniques as a stress management skill.</p>	<p>Non-Academic Staff</p>	<p>Lecturer Monika Stojek, PhD, ABPP, is an associate professor and the director of the Trauma, Health and Eating (THRIVE) Lab at the University of Silesia in Katowice. She has over 15 years of experience as a therapist in cognitive behavioral therapy (CBT) in the USA. Lecturer Maryla Sokołowska is a doctoral student at the University of Silesia in Katowice. In her dissertation project, she experimentally examines the effectiveness of a self-compassion intervention.</p>	<p>November 21, 12.00–15.00 CET. (MS Teams). <a href="#">Apply here.</a></p>

Participants of the “Transform4Europe” Professional Development training/webinars will be awarded **certificates** recognized alliance-wide. The webinars will be delivered on the “MS Teams” platform and held in English.

[APPLY HERE](#)

If you have any questions, please contact us by email: [Transform4Europe@vdu.lt](mailto:Transform4Europe@vdu.lt)

We kindly ask you to share this invitation with the academic and non-academic staff of your university through all possible communication channels (email, university websites, social media, newsletters and so on). Thank you!



Please follow us on:



[Transform4Europe.eu](https://www.Transform4Europe.eu)