YUFE TRAINING COURSES OPPORTUNITIES (last updated on March 30th, 2021)

**Nicolaus Copernicus University**

**Time zone GMT+1**

**a) Building motivation and involvement**

- date: 7/04/2021
- time: 8:00-11:15
- limit of seats 11

- relations between stimulation, involvement and motivation. How to define the appropriate level of stimulation for oneself?

- simple techniques to gain energy for action

A training course addressed to all employees of the University who want to work on their own motivation and raise the level of their commitment to work.


**Nicolaus Copernicus University**

**b) Effective use of time**

- date: 7/04/2021
- time: 11:30-3pm
- limit of seats: 9

- how to appropriately set priorities and operate according to them.

- how to cope with unplanned tasks, time pressure, distractions etc.

Workshops aimed at academics, as well as administration staff who want to improve their work. Workshops are designed to help employees to use their time more effectively so that every day the employee is satisfied with the effect of their work.

c) Developing mental resistance

- how to build up one’s own assets for the purpose of coping with difficult situations?
- how to cope with pressure, bad mood etc.?

A training course dedicated to employees of all groups, aimed at creating plans to strengthen the mental resistance of participants by using techniques that facilitate rapid reduction of tension.


d) Optimizing stress

- how to cope with stress and reduce its level to one that facilitates effectiveness
- logic of stress – how to predict an automatic stress reaction and not succumb to it
- restoring balance – rules of relaxation techniques

Training recommended to all those who notice low levels of stress resistance in their everyday life. The aim of the classes is to master stress by bringing it down to a level where it will be used as a stimulus for action.

Nicolaus Copernicus University

e) Building motivation and involvement

- date: 9/04
- limit: 8:00-11:15
- limit of seats: 10

- relations between stimulation, involvement and motivation. How to define the appropriate level of stimulation for oneself?

- simple techniques to gain energy for action

A training course addressed to all employees of the University who want to work on their own motivation and raise the level of their commitment to work.

Link for the registration: https://serwisy.umk.pl/formularze/kursy/en/

Nicolaus Copernicus University

f) Preventing teamwork dysfunctions

- date: 9/04
- time: 11:30 - 3pm
- limit of seats: 11

- pyramid of teamwork dysfunctions and understanding the needs of a team

- devising behavior patterns/tools allowing for effective collaboration

The workshop is aimed at all staff groups and aims to strengthen the value of teamwork. It is an aid for, among others, the heads of research/administrative teams in developing and adapting teamwork scenarios in the context of a changing situation (employee’s illness, change in a project, etc.).

Link for the registration: https://serwisy.umk.pl/formularze/kursy/en/

Nicolaus Copernicus University

g) Developing mental resistance

- date: 14/04
- time: 8:00-11:15
- limit of seats: 6
- how to build up one’s own assets for the purpose of coping with difficult situations?
- how to cope with pressure, bad mood etc.?

A training course dedicated to employees of all groups, aimed at creating plans to strengthen the mental resistance of participants by using techniques that facilitate rapid reduction of tension.


**Nicolaus Copernicus University**

**h) Emotional Intelligence as a tool for developing professional relations**

- date: 14/04
- time: 11:30-3pm
- limit of seats: 9

- acquisition of practical skills of managing one’s own emotions and relations with others
- implementation of strategies aimed at defusing emotions
- constructing satisfactory relations with other people by implementing communication techniques

Training participants will receive support in managing their emotions when adapting to the changing environment. Training addressed to all groups of employees.


**Nicolaus Copernicus University**

**i) Effective use of time**

- date: 15/04/2021
- time: 8:00-11:15
- limit of seats: 14

- how to appropriately set priorities and operate according to them.
- how to cope with unplanned tasks, time pressure, distractions etc.

Workshops aimed at academics, as well as administration staff who want to improve their work. Workshops are designed to help employees to use their time more effectively so that every day the employee is satisfied with the effect of their work.

**University of Antwerp**

Discover and access career opportunities in strategy consulting

*YUFE Training Offer*

**Training description:** Through experiences of a PhD working in consulting, guided case studies and a competitive and strategic analysis model, this training will provide you with the necessary tools for: Understanding the business of strategy consulting & Preparing for interviews

**Name of the organising institution:** University of Antwerp

**Target audience:** Postdoctoral researchers

**Date and Time (CET):** 23 April 2021, 09:30

**Deadline for registration:** 16 April 2021


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**Tor Vergata University of Rome**

a) **Smart Training – Online Communication**

*YUFE Training Offer*

**Training description:** Five short videos that will help you see online communication from different points of view: Online communication; Platform Society; Communities of practice and Communication; Storytelling and Communication; Institutional communication in the digital era

**Name of the organising institution:** Tor Vergata University of Rome

**Target audience:** All staff

**Date and Time (CET):** All year, all day access

**Deadline for registration:** No deadline for registration

**Read more:** To register for the training course please click on the following link and fill the form.

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b) **Smart Training – Smart Working**

*YUFE Training Offer*

**Training description:** While the drive for innovation has prompted public and private companies to address Smart Working, the recent health emergency has thrown us into this new way of working. These training videos aim to support this evolution and provide some advice, enhancing skills on the subject.

**Name of the organising institution:** Tor Vergata University of Rome

**Target audience:** All staff

**Date and Time (CET):** All year, all day access

**Deadline for registration:** No deadline for registration

**Read more:** To register for the training course please click on the following link and fill the form.
**University of Bremen**

**Language Café**

*YUFE Training Offer*

**Training description:** Café International - informal round table for international researchers (English/German)

**Name of the organising institution:** University of Bremen

**Target audience:** All interested YUFE Staff

**Date and Time (CET):** Wednesdays from 16:00 - 17:00, September 2020 to June 2021

**Deadline for registration:** Ongoing

**Read more:** [//www.uni-bremen.de/en/research-alliance/welcome-center/events](//www.uni-bremen.de/en/research-alliance/welcome-center/events)

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**University of Cyprus**

**Training description:** Comparatively few citizens will be able to adapt successfully to gainful employment (or entrepreneurship) in the future tech society. Families & citizens need to start making decisions today for how they will live 20 years from now. These decisions affect educational and investment choices, and the very nature of our society.

**Name of the organising institution:** University of Cyprus

**Target audience:** All staff

**Date and Time (CET):** 31 March 2021, 16:00 - 18:00

**Deadline for registration:** 31 March 2021

**Read more:** [//digital-utopiadystopia-imagining-futuretech.eventbrite.co.uk](//digital-utopiadystopia-imagining-futuretech.eventbrite.co.uk)