

Tuesday, Oct. 8, 2019 – 10:30 h
CFEL Seminar room I-II (Bldg. 99)

Dr. Gregor Wittke

Occupational Psychologist

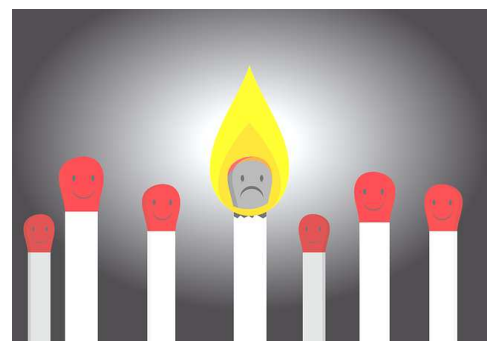
“How to burn for your work without burning out”

A talk about how to succeed in challenging environments

Dr. Gregor Wittke, occupational psychologist, shares his experience and know-how on coping with stress and high demands in the work place.

The talk features a short overview of scientific findings on the topic as well as practical hands on strategies to apply in everyday life. Enjoy a mix of facts and numbers with practical thought experiments and even minimal movement exercises to gain confidence and composure or recover energy and determination.

Besides those aspects concerning a helpful attitude to succeed in challenging environments and how to gain and maintain it, this talk will also include a kind of manual for delimiting yourself from an overwhelming amount of job tasks and focus on your own priorities.



Host: Occupational Health Management

