

## PRBB Intervals Course Proposal

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**Course Title**                      Stress Management for Research Professionals

**Proposed date(s)**                November 9, 16 and 23, 2021

**Course Language**                English

**Course Leader(s) and very brief summary of relevant qualifications and experience (no more than 2 lines for each trainer)**

EVA KATHARINA HERBER, Psychologist and Coach with extensive corporate training experience of +15 years (in English/Spanish) and postgraduate teaching experience of +5 years (in English/Spanish). Six-times award winner of the Teaching Excellence Award, granted by the students and Dean of IE University. Former International Marketing and Business Executive of the FMCG and software consulting industry.

**Rationale for course (why is this course of interest for the PRBB staff?)**

This course offers participants tools for positive stress management. Assuming that there are a series of stressors inherent to the day to day, it is important to have practical and scientifically proven tools to be able to cope positively with stress. The course will provide the participants with practical strategies combining theoretical content with practical exercises in order to facilitate the application of the tools to situations similar to those experienced on a day-to-day basis.

**Course aim - general**

The Stress Management course has been specifically developed to improve skills to successfully cope with stress. Its objective is to improve the capacity for self-control through psychological techniques of proven efficacy. This course wants to show the mental factors that contribute to promoting stress and to expand the repertoire of strategies to cope stressful situations. The course is focused on changing the specific behaviors required by each attendee in their personal environment.

**Specific learning outcomes (what new skills, knowledge &/or attitudes will participants take away from the course?)**

- Definition of the individual stress profile. Physical, cognitive, emotional and behavioral signals from each of the participants
- Detection of personal stressors at work level
- Applied relaxation training
- Thinking as a stressor. Shift in thinking. Cognitive restructuring
- Assertiveness
- How to deal with each stressor. The 4 A's.

**Course contents (outline of topics to be covered)**

**5 SECTIONS**

- Professional stress
- Control of the psychophysiological response
- Cognitive confrontation

- Communication as a stressor
- Individual stress management

**Training methods**

- Theoretical knowledge
- Attendees will provide stressful personal experiences that will be addressed during the course.
- Role play
- Make a personal diary of stress management tools, in order to facilitate each attendee with the application of specific coping strategies

**Target group in PRBB ( Senior scientists, postdocs, predocs, management/admin staff, all residents)**  
All PRBB groups

**Number of participants (maximum)**  
12 participants

**Total course hours (Please specify: direct training with instructor present and required self-study)**  
*Note: only the direct training hours will be included in the post-course certificate.*  
Total number of course hours: 9

**Distribution of course (hours/days)**

Class hours (face-to-face): 9.  
Hours of personal study: -- Between sessions attendees will have to apply the tools in their daily life.

**Pre-course preparation and/or between sessions?**

Between days attendees will have to apply the strategies and tools learned in the sessions to their daily life.

**Material participants need to bring (laptops, etc...)**

Any material and/or device to take notes.

**Relevant background reading/ audiovisual/websites or other materials**

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