

Life Long Learning
Programme by

Jana Kočí

December 9, 2025
10:00 a.m. – 12:15 p.m.



Well-Being for University Staff and PhD students

Through interactive workshops, participants will explore the current state of well-being in academic institutions, learn methods to measure psychological wellness, and practice concrete techniques such as mindfulness, relaxation strategies and micro-pauses.

The course is **ONLINE** - sign up via LLL Portal →



Continuing Education and
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