

Well-Being for University Staff

December 2, 2025

10:00 a.m. – 12:15 p.m.



Jana Kočí

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.

online via Zoom



Oddělení dalšího vzdělávání
a inovací ve výuce