
Programme

For more information, including a link to register, please see the individual lectures.

Registering for a specific lecture will guarantee you a seat in the lecture room. Of course, you can come without registration, but without guaranteed seating.

The programme is subject to change.

Programme in English, building E, basement

Moderator Sara Balíková will guide you through the programme

14:00-14:20	Study with ADHDMgr. Kristina Křivková Studying at university with a diagnosis of adhd can be challenging - what to look out for and how to work with yourself? <u>REGISTRATION</u>
14:30-15:00	Emotional AgilityMSc. Steve Borg Emotions can be a guide on our journey through life - how do we know how to accept and listen to them? <u>REGISTRATION</u>
15:10-15:40	Coping with stress (not only) in connection with studiesMgr. Veronika Šporclová, Ph.D. The lecture will focus on the role of stress in life and effective coping strategies. Using specific examples, there will be an opportunity to discuss the importance of an "emotional compass" for adapting to different situations. <u>REGISTRATION</u>