

It is pleased to invite you to an interactive workshop called

Practical Tips for Coping with Stressful Situations, or the Adaptive Resilience Series

Date & Time: Series of 3 workshops, each 2.5 hours,
10.00 - 12.30, Dates: 22 April, 28 April and 16 May 2025

Address: On-line

Speaker: Irena Swiecicki – Irena is experienced and certified trainer with extensive experience of working with almost 20 000 clients from all over the world in the past 20 years. Her broad portfolio gives Irena unique opportunity of sharing examples of good or inspiring practices with her clients.

Clients appreciate her systematic and at the same time very human and opened approach. She is able to focus purely on work – relating topics and when the situation calls for it, switch the focus on personal examples and demanding life situations. Irena has a great sense of humour and enjoys working with her clients, which is continually reflected in the evaluation and feedback her courses get. You can also watch her TEDx Prague talk about Emotional Intelligence in Czech: [Znáte svůj květák?](#)

Program:

Module 1 – Developing Clarity, date 22 April

Managing stress and overwhelm and staying focused in difficult and uncertain times.

Learning objectives

1. Equip yourself and the team with tools to stay calm and work through difficult emotions in the midst of adversity.
2. Develop skills to help you gain clarity of mind and focus in uncertain and ambiguous times.

Outcomes: Tips and techniques for staying calm and working with difficult emotions together with practices to develop mental clarity and focus during challenging times.

Module 2 – Shifting Mindsets, date 28 April

Mindsets and skills for adaptability and creativity in the midst of uncertainty and complexity.

Workshops will be in English.

The project has been funded by European Union Programme Horizon Europe
under grant agreement no. 101079091.

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Learning objectives

1. Grow capacity to adapt in the face of major disruption in work and life.
2. Broaden perspectives to transition from negativity biases to growth mindsets.
3. Increase creativity and define new possibilities.

Outcomes: Build skills and capacities for effectively adapting to change, boosting creative problem-solving and staying agile in VUCA world.

Module 3 – Building Trust, date 16 May

Creating a change-capable culture by growing empathy and psychological safety in your team and organization.

Learning objectives

1. Understand the role connection can have in building trust
2. Grow capacity to exercise empathy and compassion in challenging times.
3. Understand psychological safety and how to integrate it into your team and organization especially during times of difficulty and massive disruption.

Outcomes: Actionable skills for growing empathy and psychological safety.

Registration is limited to 40 participants.

Participants will receive study materials after each module. They will be also provided with home-work exercises between the modules.

Registration:

[Registration for the event](#)

By registering once you agree to participate in all three dates i.e. 22 April, 28 April and 16 May from 10.00 - 12.30.

Contact:

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