

Online Workshop

RESILIENCE IN ACTION: HOW TEACHERS CAN MANAGE BURNOUT AND STRESS

What is the aim of the workshop?

- This workshop is designed to support educators during challenging times and provide strategies to help maintain their mental health.

Who is this workshop for?

- Teachers at all educational levels who are experiencing stress and burnout (in both conflict and non-conflict regions).
- Educators who want to improve their mental health and learn how to bounce back during difficult times.
- Anyone who wants to become more resilient and better prepared for the challenges of today's world.



What you can expect from the workshop?

- You will understand the difference between stress and burnout.
- You will learn how to prevent and manage burnout.
- You will gain insight into coping strategies that are effective in challenging situations.
- You will participate in practical exercises to help reduce stress and restore your energy.
- You will be provided with resources to help you continue your journey of mental well-being beyond the workshop.

Time: Wednesday, February 19th, 2025 | 16:30 (Kyiv) | 15:30 (Berlin)

Location: <https://tu-dresden.zoom-x.de/j/64849556168?pwd=ppaNJGT16gr7R3sz8w2e21pqbdgbG7.1>

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*We would be very grateful if you could **complete the survey by February 15th**, as it is important for understanding how much you are experiencing burnout and also for improving our future workshops.*

Survey for educators of Ukrainian universities: <https://forms.gle/XZu37pfjRd8kQm7t6>

Survey for educators of German universities: <https://forms.gle/GrcUU36oupLoFeM96>