

HOW IS YOUR WORK-LIFE **BALANCE**?
CAN **YOU** KEEP UP THE MOTIVATION?
WHERE DOES YOUR **ENERGY** COME FROM?

WORKSHOP AT AU CAMPUS
THE BALANCE BETWEEN DEDICATION AND
STRAIN OF WORK

FRIDAY, **24 MARCH 2017**, 10:00-13:00
BUILDING 1525, ROOM 626

THE WORKSHOP PROVIDES INFORMATION ON FACTORS THAT PROMOTE WELL-BEING AND GIVES INPUT TO WHAT YOU CAN DO TO REDUCE STRESS REACTIONS.

THE WORKSHOP WILL BE IN **ENGLISH**.

THE WORKSHOP INCLUDES COFFEE, TEA AND SANDWICHES.

REGISTRATION NO LATER THAN WEDNESDAY, **15 MARCH 2017**.

FIND MORE INFO AND A LINK TO SIGN UP ON OUR FACEBOOK GROUP:

<https://www.facebook.com/groups/PHAUST/>

OR AT GSST:

<http://phd.au.dk/gradschools/scienceandtechnology/newsandevents/>

THE WORKSHOP IS HELD BY PSYCHOLOGIST SANNE SCHOU IN COLLABORATION WITH GSST AND THE PHD ASSOCIATION PHAUST.