



Final Conference

Stressed out?

Self-regulation tools for individuals and organisations

14/12/2017

Who should attend?

Coaches, trainers, teachers, students, HR specialists, managers, professionals from the social sector

What to expect?

- Experience tools to develop your Inner Self and reduce stress in your professional and private life.
- Explore materials and training modules for coaching or teaching activities.
- Get hints about how to start and successfully run a peer coaching process.
- Learn about training of the Inner Self in initial and continuous vocational education and training.
- Network with experts to exchange ideas and experience.

Languages

German/ English
The VOCIS materials will be available in English, French, German, Italian and Croatian.

Place

Maison d'Accueil des Soeurs Franciscaines
50 avenue Gaston Diderich
L-1420 LUXEMBOURG

You can easily join us by bus (lines 13 and 22). Some parking spaces are available on a "first come - first served" basis.

Participation costs

The event is financed by the Erasmus+ Programme of the European Union.

Agenda

9.45	<i>Registration and breakfast</i>	
10.15	Official Opening <ul style="list-style-type: none"> - Welcome and introduction to VOCIS - Opening speech (to be confirmed) 	Dr. Danielle Schronen, VOCIS coordinator Mr. Claude Meisch, Minister of Education
10.45	Round table/ Interviews Self-regulation: challenges and experiences from sports, business and (social)education	Mr. Georges Christen & the VOCIS partners interviewed by Dr. Danielle Schronen

11.15	Workshops <ul style="list-style-type: none"> a) Self-perception (German) b) Adding self-regulation as a new dimension to bachelor courses (English) c) Peer-coaching: how to strengthen individuals and organisations (English) d) Self-regulation strategies for students (English) e) Train the coach: Developing self-regulation with coachees (English) 	Dr. Stephan Rietmann Prof. Dr. Zvezdan Penezić Mrs. Ruth Baker Dr. Daliborka Luketić Dr. Delia Zingarelli
12.30	<i>Walking lunch - Meet the Makers around thematic tables</i>	

13.30	Workshops <ul style="list-style-type: none"> a) Self-regulation: starting the process anytime, anywhere (virtual classroom) (English) b) Self-regulation for executives (German) c) Train the coach: Developing self-regulation with coachees (English) d) Self-regulation strategies for learning (English) e) Teaching self-regulation 	Mrs. Ruth Baker Dr. Stephan Rietmann Dr. Delia Zingarelli Dr. Daliborka Luketić Prof. Dr. Zvezdan Penezić
14.45	The future of VOCIS	Dr. Pietro Ragni
15.15	<i>Closing</i>	

How to apply?

- 🕒 Please fill in the registration form on vocis.org/final-conference.
- 🕒 In order to prepare the workshops, we kindly ask you to use the [diagnostic toolkit](#) and bring your results to the conference.

Questions?

Contact Danielle Schronen
 Tel +352 402131 255
danielle.schronen@caritas.lu

www.vocis.org

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