



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"> <li>- Welcome and introduction to VOCIS</li> <li>- Opening speech (to be confirmed)</li> </ul>	Dr. Danielle Schronen, VOCIS coordinator Mr. Claude Meisch, Minister of Education
10.45	<b>Round table/ Interviews</b>	Mr. Georges Christen & the VOCIS partners interviewed by Dr. Danielle Schronen
	Self-regulation: challenges and experiences from sports, business and (social)education	

11.15	<b>Workshops</b>	
	a) Self-perception (German)	Dr. Stephan Rietmann
	b) Adding self-regulation as a new dimension to bachelor courses (English)	Prof. Dr. Zvezdan Penezić
	c) Peer-coaching: how to strengthen individuals and organisations (English)	Mrs. Ruth Baker
	d) Self-regulation strategies for students (English)	Dr. Daliborka Luketić
	e) Train the coach: Developing self-regulation with coachees (English)	Dr. Delia Zingarelli
12.30	<i>Walking lunch - Meet the Makers around thematic tables</i>	

13.30	<b>Workshops</b>	
	a) Self-regulation: starting the process anytime, anywhere (virtual classroom) (English)	Mrs. Ruth Baker
	b) Self-regulation for executives (German)	Dr. Stephan Rietmann
	c) Train the coach: Developing self-regulation with coachees (English)	Dr. Delia Zingarelli
	d) Self-regulation strategies for learning (English)	Dr. Daliborka Luketić
	e) Teaching self-regulation	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](http://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?

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[www.vocis.org](http://www.vocis.org)

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