

Dealing with work pressure

A one-day, science based workshop that makes your life easier.

An increasing number of scientists and university teachers in The Netherlands report negative effects of workload and pressure. Scientific studies show that an even larger group of scientists suffer symptoms without being aware of the relationship with stress. In this one-day workshop, we offer a range of various evidence-based techniques to fight either the causes or the symptoms of stress. In a small and confidential group of participants you will create a solution plan. We will also refer you to interesting books and practical guides. This practical, no-nonsense workshop aims to be your first step to more focus, concentration and relaxation.

First we will discuss your tasks and activities and the pull-and-push forces in your environment. We analyze the causes of stress and perceived pressure. We investigate assumptions, and share alternative solutions. Reflecting on your attitude toward time, we discuss the positive sides and pitfalls of for instance perfectionism or impatience.

A large part of the workshop is about coping strategies: how can you deal with the mental and physical strain? The increased work load and pressure on scientists leads to often reported effects such as: 'I have difficulty to stop thinking about work, I have worrying thoughts a lot, I have trouble sleeping, I can't concentrate, I regularly feel tired, I feel like I'm about to explode sometimes, sometimes I feel I am not present in my private life'. These experiences may coincide with a variety of physical signals that are not always recognized as stress-related. Under stress, people may feel tired, jumpy or grumpy, have headaches, stomach aches or intestinal problems, sweating, skin conditions, loss of concentration, forgetfulness. Being aware of such thoughts, feelings and symptoms helps you to make timely decisions. Also, there are many science-based techniques available to relieve such symptoms.

In exercises and a coaching carousel we showcase various techniques to focus, relax, and maintain your energy levels. We offer a fruitful discussion about the cognitive assumptions you make (RET). We briefly practice physical relaxation techniques, mindfulness, concentration exercises and techniques that will help you stop worrying and sleep well. Since we cover a wide range of subjects, the main aim of the course day is to help you make the next step to improvement yourself. The workshop will give you practical tips, take-home exercises, and references. Using your intake forms, we will fine-tune the program to your wishes and needs.



About the trainers

Dr. E. Cocheret de la Morinière is the chief trainer and owner of ElroyCOM Training, which consists of more than 20 trainers who specialize in the training and development of scientists. Paulien Weikamp and Bas Jansen are psychologists and senior trainers at ElroyCOM.