

## Managing pressure in work and life for international scientists

### Effective stress management methods

The training is for international scientists who have to face a variety of challenges: high expectations, career uncertainty and a new social and cultural environment. The training teaches effective stress management methods and offers the opportunity to connect with other scientists in the same situation.

The following topics are covered:

- Stress Awareness
- Cognitive Coping Strategies
- Behavioral Coping Strategies
- Regeneration
- Social Support and Communication
- Career Resilience.

The event takes place at FTU.

Dauer: 1 day

### Termine, Preise und Buchungsmöglichkeit

zur aktuellen Terminübersicht mit Preisangabe und Buchungsmöglichkeit

Kurspreis: interner Preis: 390,00 EUR

externer Preis: 510,00 EUR

Änderungen vorbehalten | Stand: 28.06.2026 21:05 Uhr

### Kontakt und Beratung

Fachliche Fragen: [Frau Annette Fabry](#)

Administration, Beratung: [Frau Annette Fabry](#)