



Date	Subject	Room	Syslog nr
07/02 12h30-14h30	Stress and burnout, recognising the signs, preventing the worst (Presentation by medical service) - For all staff	BU-5 A	449011
10/02 12h45-14h00	Stress and burnout: a cost for the individual and the organisation For managers	BU-5 B	449113
13/02 09h30-11h30	Managing your time and your workload: Steps of Getting Things Done ( David Allen model)	BU-5 A	448112
28/02 09h30-11h30	Managing your time and your workload: Habits of Efficient People (Stephen Covey model)	BU-5 A	448115
04/03 12h30-13h30	Workshop on nutrition: A seasonal and local approach to preparing your lunchbox - spring	BU-5 C	449368
06/03 13h30-17h00	Mindfulness in the workplace: Managing stress and increasing concentration Part 1	Notre Dame Chant d'oiseaux	449179
12/03 09h30-11h30	Managing your time and your workload: Avoiding Procrastination / Laws of Time and their workarounds	BU-5 A	448119
13/03 13h30-17h00	Mindfulness in the workplace: Managing stress and increasing concentration Part 2	Notre Dame Chant d'oiseaux	449179
16/04 12h00-14h00	Spring walk: Combining biodiversity, economy and recreation in the shadow of Europe's capital	Bus will leave at BU-5 reception	449306
07/05 11h00-12h15 13h45-15h00	Provelo - how to use a bike in Brussels Max n° of participants for theory class (11h00-12h15): 30 Max n° of participants for practical class (13h00-15h00): 10 Bikes are provided by provelo	BU-5 A	Theory class: 449319 Theory+practice: 449321
25/06 12h30-14h30	Workshop with the medical service on 'getting a good night sleep'	BU-5 C	449226
16/07 12h-14h00	Summer walk: historical and climate related Forêt de Soignes (incl. short visit to the museum)	Bus will leave at BU-5 reception	449308

For more information :

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