

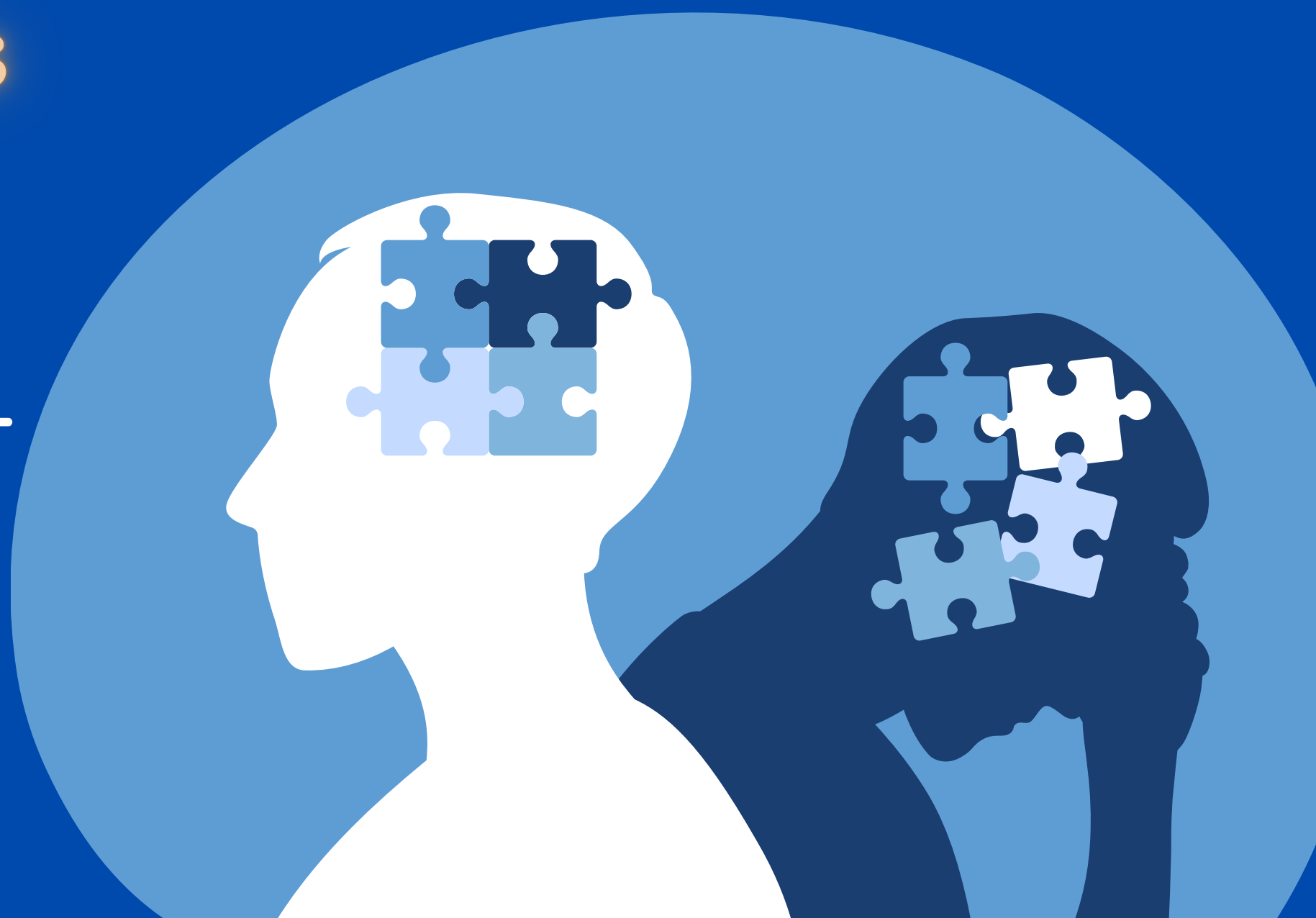


ALEXANDRU IOAN CUZA
UNIVERSITY of IAȘI

Building resilience: How to manage workplace stress

May 20 - 24, 2024

7th edition of Erasmus+
International Staff
Training Week



**Application deadline
April 21 st, 2024**

The main topics:

- Factors that lead to workplace stress
- Stress management techniques
- How to build resilience
- How to create a safe workplace environment

**Enjoy both academic and
cultural activities to make
the most of your time in a
culturally vibrant city!**

Application form



Contact person details:

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