

STOSO Congress 2021:

STRESSING PRODUCTIVITY



PROGRAM BOOKLET

16th of April

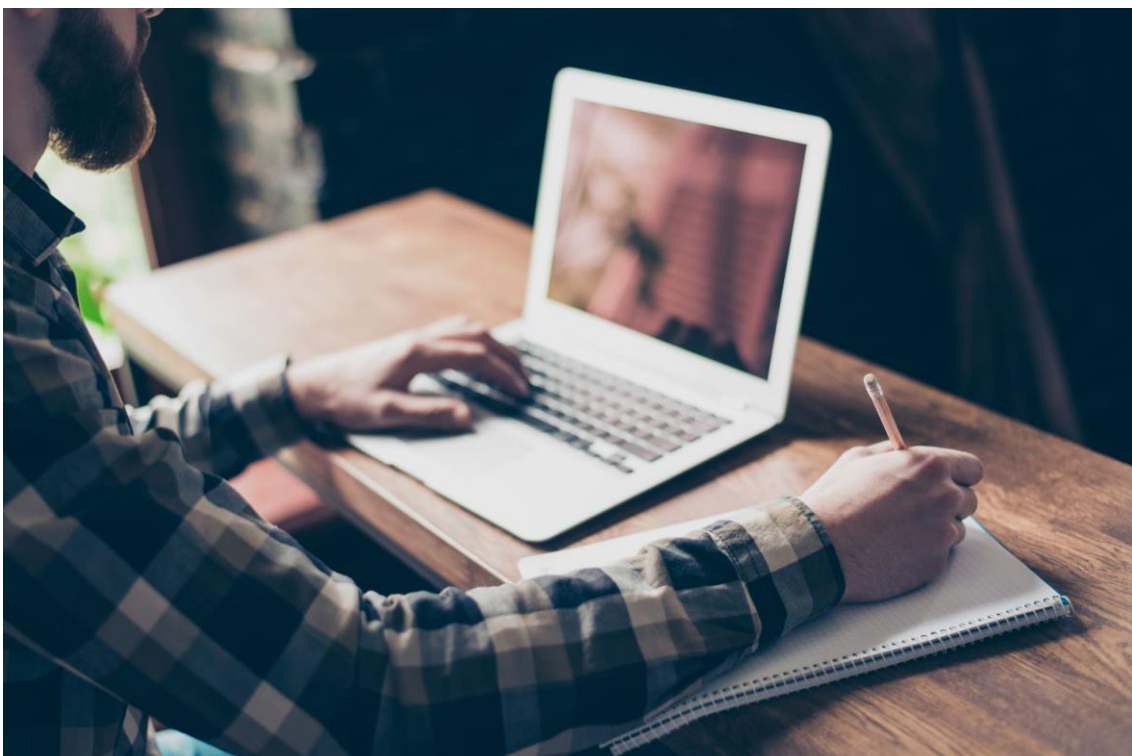
Dear participant,

In the name of the STOSO Congress committee 2020-2021, i want to welcome you today!

The theme of our congress this year is 'stressing productivity', as you will see throughout our congress this is a very broad theme. We include talks about burnout, productivity in times of Corona, healthy productivity and many more!

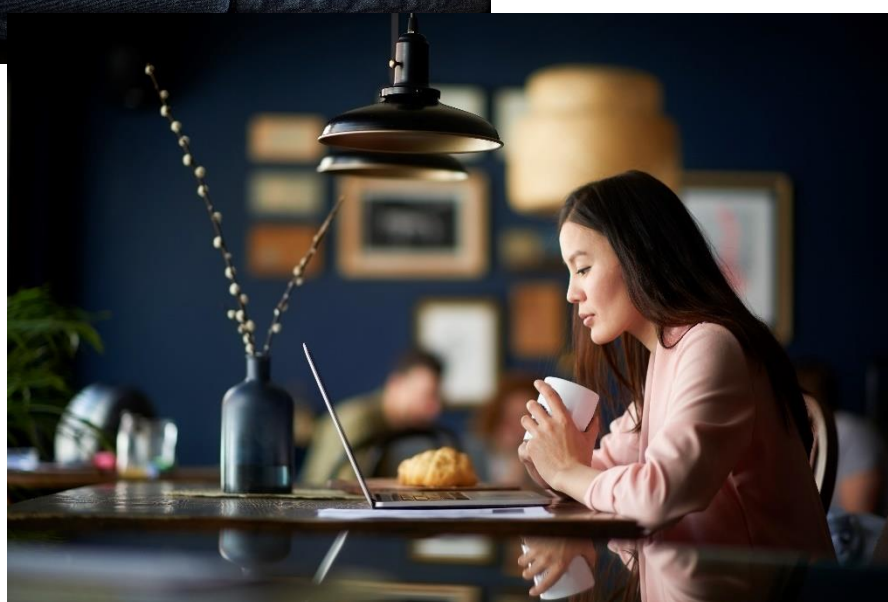
We have planned a whole day of lectures, workshops and networking opportunities to make this day as fun as possible! Our host will guide you through the day and will make sure you get the most out of your day. Thank you for joining us today, we hope you will enjoy it!

Lisette Anema, Secretary of the STOSO Congress committee 2020-2021



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Day plan

10.30 – 10.45 Opening the Congress

10.45 – 11.45 First Lecture: Ana Moise

11.45 – 12.00 Small Coffee Break

12.00 – 13.00 Workshop Round 1

13.00 – 13.45 Lunch and Networking

13.45 – 13.50 Introduction of Second Lecture

13.50 – 14.50 Second Lecture: Fred Luthans & Julie Broad

14.50 – 15.00 Coffee Break and Networking

15.00 – 16.00 Workshop Round 2

16.00 – 16.15 Break and Networking

16.15 – 16.20 Introduction of the Third Lecture

16.20 – 17.20 Third Lecture: Fuschia Sirios

17.20 – 18.00 Networking

Introducing our Host:

William Pitz

Hello and welcome to the Stoso Congress “Stressing Productivity”! My name is William and I will be your host throughout the day.

As a teacher, consultant, study-, and educational advisor, I saw many students who were stressed. Stressed by their studies; by social and private issues; stressed by deadlines. In these uncertain times, it can be challenging to keep one’s head cool and collected. With the vast array of 5-second tips and tricks, we’re bombarded with by social media, it’s a good idea to take the time - an entire day, even - to really focus on what works, what helps, and to identify what you need. Enjoy everything we have to offer and together we can take the stress out of productivity.



Introducing our First Speaker:

Ana Moise

‘Avoiding Burnout, Achieving Resilience’

Dr. Ana Moise is an associate lecturer at the Psychology Department, University of Bucharest. Her interests are in the area of support for mental and emotional health, but her professional history includes expertise in stress management training, a project with European funding, and consulting in the field of human resources. Since 2013 she has been training career counselors (GCDF) internationally certified in the private environment. Since 2013 she is a Certified International Master Trainer Mental Health Facilitator and she is involved in building a community in this area and promoting the culture of mental and emotional health around the world.



She is going to talk about burnouts and how to avoid it. She is also going to talk about how you can achieve resilience. Burnouts are a very important topic to talk about when dealing with stress and productivity, which is why we are very happy to have Ana Moise here!

Introducing our Second Speakers:

Fred Luthans & Julie Broad

'Psychological Capital'

Luthans has recently been identified as the #1 cited researcher in Organizational Behavior textbooks! He is an University and George Holmes Distinguished Professor at the University of Nebraska, Emeritus.



Broad is a graduate of the Global One MBA Program at the University of North Carolina. She has done extensive research on Positive Organizational Behavior, and Psychological Capital.



They will talk about psychological capital. Psychological capital are the people resources within an organisation – the skills, knowledge and abilities of employees. For more information about their research, check <https://pobi.org/>

Introducing our Third Speaker:

Fuschia Sirios

‘Emotional Regulation and Procrastination’

“Procrastination actually has not very much to do with time management. It has to do with mood management.”

Dr. Fuschia Sirios is a reader in Health and Social Psychology at the University of Sheffield. Her research is about risks and resilience for mental well-being, focusing on motivation and self-regulation.

Fuschia Sirios will be talking about procrastination and emotional regulation. For more information on her research, check <http://sirois-lab.group.shef.ac.uk/>



Workshops

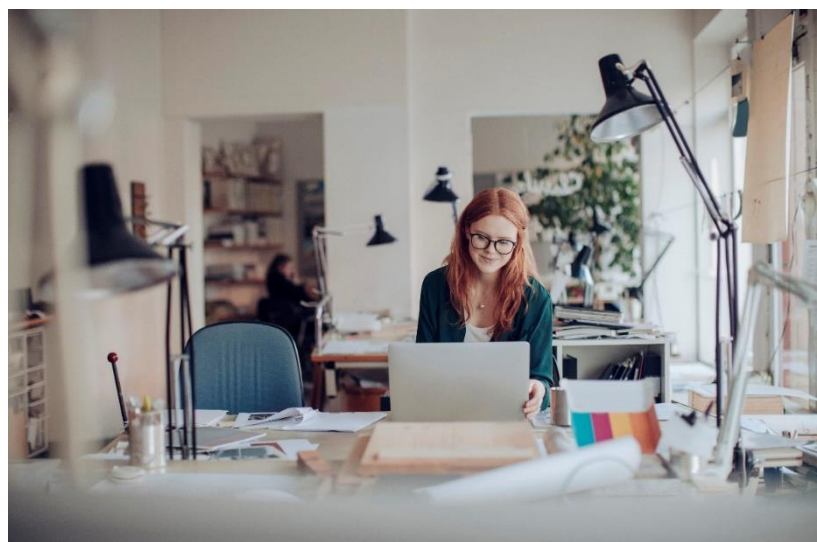
We have two rounds of workshops today. You can choose one of these workshops per round. These workshops will be as interactive as possible! All of these workshops focus on our theme of productivity and stress. We hope you will enjoy them! We will first give an overview of the workshops and then give more information about them.

Workshop round 1 consists of:

- Productivity in times of Corona by Niels Bakker
- Resume & Cover Letter Training by Integrand Groningen
- Become a Time Management Master by Young Advisory Group
- Stretch Your Comfort Zone: Get More Done with Less Stress by Christel Vogels
- Perfectionism on Procrastination by Nico Gabriel & Paul Slagter (Empower)

Workshop round 2 consists of:

- Mindfulness & Brain training by Anja Broers
- Get in Charge of your Emotional Eating by Neeke Smit
- Resilience and Burnout by Ali Shalfrooshan (Cubiks)
- Emotional Intelligence as Key Factor for Reducing and Balancing Stress by Tom Schindler
- Challenge Productivity by Mariëlle Koop
- Perfectionism on Procrastination by Nico Gabriel & Paul Slagter (Empower)



Productivity in times of Corona by Niels Bakker

You might know Niels Bakker from Wakker bij Bakker. His company is dedicated to coaching students. The pandemic has certainly impacted all of our lives and being productive in these times can be really difficult. This workshop will help you to be more productive in these weird times of studying and working from home.

Resume & Cover Letter Training by Integrand Groningen

Did you know that recruiters take an average of 5-20 seconds to "scan" a resume? It is therefore very important that your resume looks good and we can help you with that! Integrand will give a workshop on the subject of the application process. They will dive deep into your resume and will provide tips and tricks for writing a cover letter. Therefore, this workshop is the optimal preparation for any job application. Afterwards, you are free to ask them any questions.

Become a Time Management Master by Young Advisory Group

Time management is a huge part of productivity. The Young Advisory Group is a student consultancy group and they know a lot about time management as a student. This workshop will help you to become a time management master yourself!

Stretch Your Comfort Zone: Get More Done with Less Stress by Christel Vogels

The workshop Stretch Your Comfort Zone explains why we resist doing something even when we truly want to do it and teaches a practical 4-step technique to overcome this kind of self-sabotage in any situation - from making a phone call to buying a house - without putting *more* stress on yourself.

Perfectionism on Procrastination by Nico Gabriel & Paul Slagter (Empower)

A little bit of perfectionism can motivate us to do better and be more productive. But perfectionism can easily have negative influences on our productivity. This workshop will be about the relation between perfectionism and procrastination. Nico Gabriel and Paul Slagter both work as psychologists for Empower (a psychotherapy company).

Mindfulness & Brain training by Anja Broers

We probably all know how difficult it can be to fully relax. In this workshop Anja Broers will teach you about mindfulness and how to fully relax. This is definitely an important part of healthy productivity!

Get in Charge of your Emotional Eating by Neeke Smit

Food is an incredibly important part of health, but it is also an important part of healthy productivity! We all know that stress can influence our eating behaviours. This workshop will teach you more about the relationship between eating and stress and productivity.

Resilience and Burnout by Ali Shalfrooshan (Cubiks)

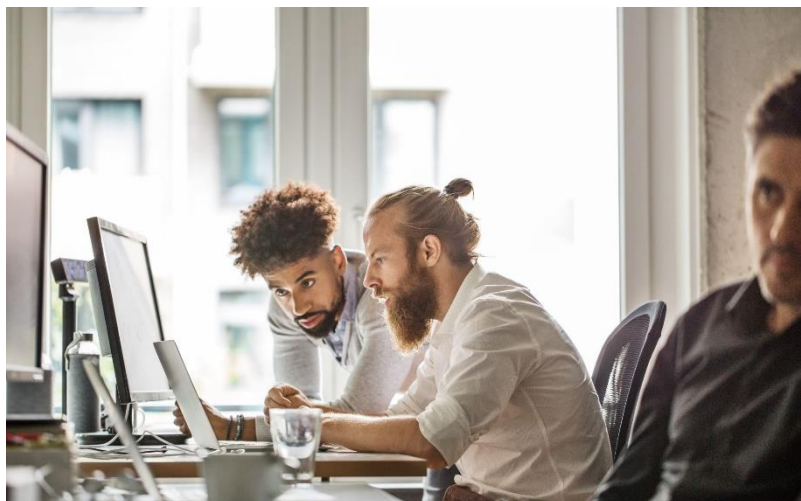
Burnout can often be seen as the opposite of resilience. That's why this workshop will combine these topics. This workshop will talk about what resilience is and why it is important. It will also help you to enhance your resilience and learn about the thrive cycle.

Emotional Intelligence as Key Factor for Reducing and Balancing Stress by Tom Schindler

This workshop will be about emotional intelligence and how this is related to stress. This will also link into a mindfulness practice during the workshop. You will learn how to put this in practice in your daily life!

Challenge Productivity by Mariëlle Koop

If you want to be inspired, get more awareness, or longing to be more productive: join this workshop. Mariëlle Koop of Sparkle Organizing shares with you the 7 elements of being effective.



Networking market

We also want to give you the opportunity to connect with other people and companies. That is why we have a networking market at our congress. There will be companies that want to talk with you about their work and possible career opportunities. Definitely a great way to develop yourself even further after this congress!

The companies that will be at our networking market are:

- Forte GGZ

Website:

www.forteggz.nl

- Cubiks

Website:

www.cubiks.com/nl

- SPS-NIP

Website:

www.psynip.nl/studenten/

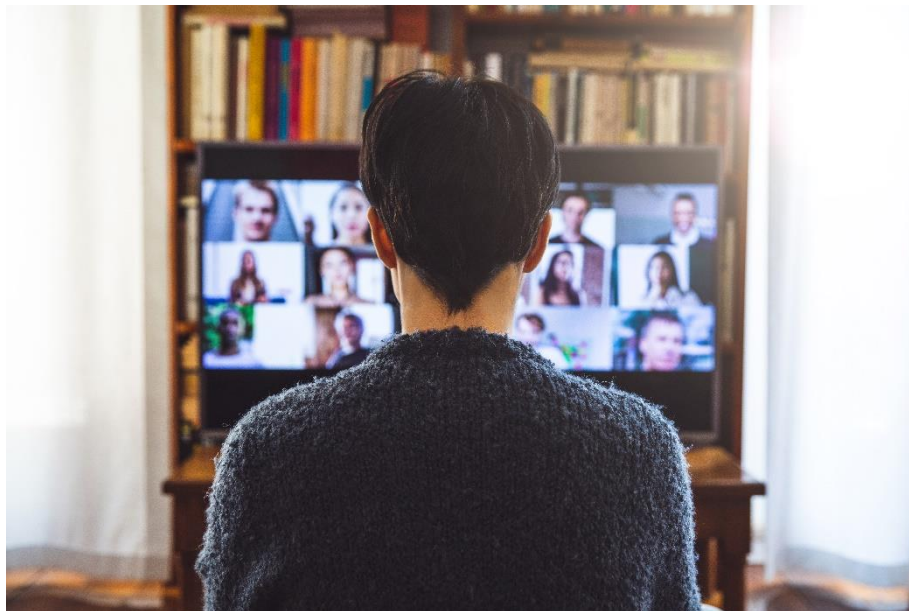


Introducing our Committee:

STOSO Congress Committee 2020-2021

Our committee is a part of the Study Association VIP. We are all Psychology students here in Groningen and we worked hard to make sure this day will be very interesting and fun for everyone!

If you have any questions or comments, you can contact us on our email: stosocongress@vipsite.nl or via Instagram: [@stosocongress](https://www.instagram.com/stosocongress)



Chairman
Secretary
Acquisition
Promotion
External affairs Location
External affairs Speakers
Treasurer

Sam Le
Lisette Anema
Elena Neagu
Nora Sippel
Lennart Kischko
Oliver Konradt
Optimist Engbi



At Cubiks we believe that People Matter. We empower people to achieve their potential and help people progress. In careers. In business. In life.

Cubiks helps organisations to better understand their people, predict performance and achieve great results through a versatile portfolio of personalised talent management solutions.

We're passionate about empowering people and organisations to achieve their potential. Whether you need to select the right candidates, pinpoint key talent or accelerate the development of leaders, we will provide the insights that you need to make the best possible decisions.



Forte GGZ wants to support you as a student to find the cause of your problems and offer possibilities for treatment. Our team of psychiatrists and psychologists are also more than willing to contact your academic advisor or coordinator, if you want them to. Some of the common problems they see are Attention-deficit/hyperactivity disorder (ADHD); Anxiety Disorders; Autistic Spectrum Disorder; Depression; Personality Disorders; Post-Traumatic Stress Disorder (PTSD)

At Forte GGZ we wish to diminish language barriers as much as possible. For that reason we have restricted options for therapy in several languages. Our team of therapists speak the following languages: Dutch, English, German and Frisian.