

Strategic Partnerships for vocational education and training

“Joint Job Burnout Interventions for Beginner Nurses, Nurse Students and Care  
Workers” - JOBIS

**Short-term joint staff training event**

**23.04.2018-27.04.2018, Klaipėda, Lithuania**

**Agenda**

<b>Time</b>	<b>Activities</b>	<b>Activity coordinator</b>
<b>Monday, 23<sup>th</sup> April 2018</b>		
9.30 – 10.00	Welcome coffee.	
10.00 – 10.30	Meeting trainees. Introduction to the training.	
10.30-12.00	Training session for I online module (computer class). <ul style="list-style-type: none"> <li><i>Burnout and stress: early signs, symptoms and prevalence</i> (online course).<sup>[1]</sup><sub>[SEP]</sub></li> </ul> <b>Methods:</b> interactive video E-self Learning, Test, Case study, Self- assessment test, Scientific research analysis.	CUT
12.00 – 13.30	Dinner	
13.30 – 15.00	Training session for II online module (computer class). <ul style="list-style-type: none"> <li><i>Professional burnout syndrome and clinical symptoms</i> (online course)</li> </ul> <b>Methods:</b> e-learning materials, Interactive video, Case study, Discussion and moderation, Tests	ANS

	Virtual (on line) forum.	
15.00 – 15.15	Coffee break	
15.15-16.30	<p>Training session for III online module (computer class).</p> <ul style="list-style-type: none"> <li>• <i>Burnout syndrome risk factors and consequences (online course)</i><sup>[1]</sup></li> </ul> <p><b>Methods:</b> interactive video, Case study, Self-assessment test, Scientific research analysis, Meta-reflection</p>	CUT
<b>Tuesday, 24<sup>th</sup> April 2018</b>		
9.30 – 10.00	Welcome coffee.	
10.00 – 10.30	Meeting trainees. Introduction to the training.	
10.30-12.00	<p>Training session for IV face to face module.</p> <ul style="list-style-type: none"> <li>• <i>The ethic of self-care (I part)</i></li> </ul> <p><b>Methods:</b> lecture (power point presentation), educational film, group discussions, self-care assessment.</p>	OAMGMAMR Iasi
12.00 – 13.30	Dinner	
13.30 – 15.00	<p>Training session for IV face to face module.</p> <ul style="list-style-type: none"> <li>• <i>The ethic of self-care (II part)</i></li> </ul> <p><b>Methods:</b> creation of self-care plan, role plays capacity-building, training exercise, guidelines of selfcare, animated material of selfcare techniques</p>	OAMGMAMR Iasi
15.00 – 15.15	Coffee break	
15.15-16.30	<p>Training session for V face to face module.</p> <ul style="list-style-type: none"> <li>• <i>Strategies of burnout prevention (I part)</i></li> </ul> <p><b>Methods:</b> Interactive presentation, modeling, self-assessment tests, cases study, self-reflection, scenarios/ case study, empowerment oriented communication strategies exercises, role plays</p>	KVK
<b>Wednesday, 25<sup>th</sup> April 2018</b>		
9.30 – 10.00	Welcome coffee.	

10.00 – 10.30	Meeting trainees. Introduction to the training.	
10.30-12.00	Training session for V face to face module. <ul style="list-style-type: none"> <li>• <i>Strategies of burnout prevention (II part)</i></li> </ul> <b>Methods:</b> workshop, role plays	KVK
12.00 – 13.30	Dinner	
13.30 – 15.00	Training session for VI face to face module. <ul style="list-style-type: none"> <li>• <i>Stress coping strategies (I part)</i></li> </ul> <b>Methods:</b> Lecture, group discussions, video types (Experts interview), practical exercise	AHE
15.00 – 15.15	Coffee break	
15.15-16.30	Training session for VI face to face module. <ul style="list-style-type: none"> <li>• <i>Stress coping strategies (II part)</i></li> </ul> <b>Methods:</b> workshop, test, time management matrix, exercises about empowerment	AHE
<b>Thursday, 26<sup>th</sup> April 2018</b>		
9.30 – 10.00	Welcome coffee.	
10.00 – 10.30	Meeting trainees. Introduction to the training.	
10.30-12.00	Training session for VII face to face module. <ul style="list-style-type: none"> <li>• <i>Relaxation techniques (I part)</i></li> </ul> <b>Methods:</b> individual drawing exercise, discussion in small groups, plenary discussion.	AHE
12.00 – 13.30	Dinner	
13.30 – 15.00	Training session for VII face to face module. <ul style="list-style-type: none"> <li>• <i>Relaxation techniques (II part)</i></li> </ul> <b>Methods:</b> lecture on selfcompassion, small group discussion, meditation practices	AHE
15.00 – 15.15	Coffee break	
15.15-16.30	Training session for VII face to face module. <ul style="list-style-type: none"> <li>• <i>Relaxation techniques (III part)</i></li> </ul> <b>Methods:</b> text readings, preparation of fragment form book about mindfulness, positive emotions exercises	AHE
<b>Friday, 27<sup>th</sup> April 2018</b>		



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9.30 – 10.00	Welcome coffee.	
10.00 – 10.30	Meeting trainees. Introduction to the training.	All partners
10.30-12.00	Mindfulness. <i>Practical workshop with expert</i> at Klaipeda State University of Applied Sciences, Department of social work, Jaunystes str. 2, Klaipeda	KVK
12.00 – 13.30	Dinner	
13.30 – 15.00	Mindfulness. <i>Practical workshop with expert</i> at Klaipeda State University of Applied Sciences, Department of social work, Jaunystes str. 2, Klaipeda	KVK