

**Joint Course Programme**

EUROPROX European Graduate College Proxies in Earth History

GLOMAR Bremen International Graduate School for Marine Sciences

MARUM Excellencecluster "The Ocean in the Earth System"

NEBROC Netherlands Bremen Oceanography Cooperation

NSG Netherlands Research School for Sedimentary Geology

POLMAR Helmholtz Graduate School for Polar and Marine Research

January 20, 2011 and February 17, 2011, Bremen

**GLOMAR Softskill Course****"Concentration and relaxation in work life"**

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GLOMAR – Bremen International Graduate School for Marine Sciences, University of Bremen

**Objectives**

Being concentrated in order to work and act effectively is fundamental in your daily scientific business as well as during conferences, meetings and field work. The ability to relax constitutes the basis for the concentration on specific tasks and projects. In this course, you learn simple and effective techniques to get more relaxed and better focused, also in demanding situations. These techniques encompass physical as well as mental exercises as your body can be controlled by your mind and vice versa.

The course consists of two days. On the first day, you learn the theoretical background and basic methods which you can apply in the weeks afterwards. During the second date we will reflect and exchange your experiences and you will get some advanced tips.

**Topics**

Physical response to stress and overload

Distractibility

Connection of left and right brain hemisphere

Simple "first aid" techniques for difficult situations

Exercises for long term change

**Course schedule**

January 20, 2011 9:00 – 12:30

February 17, 2011 11:00 - 12:30

**Location**

MARUM building, room 3030, University of Bremen, Leobener Straße, 28359 Bremen, Germany

**To subscribe**

mail to: [ecolmas@uni-bremen.de](mailto:ecolmas@uni-bremen.de) Please give your name, status (e. g. PhD student), institute/university and department or faculty.