

MARUM / GLOMAR Transferable Skills Course:

Concentration and relaxation in work life

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Relaxation Course Instructor*

14 January and 11 February 2014, MARUM, Bremen

Objectives

Concentration is fundamental in your daily professional life as well as during conferences, meetings and field work. The ability to relax constitutes the basis for concentration on specific tasks and projects.

In this course, you will learn simple and effective techniques to become 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 will be provided with the theoretical background and basic methods which you can apply in the weeks afterwards. On the second day of the course, we will reflect upon and exchange your experiences and you will learn advanced techniques which also allow for long-term change.

Course schedule

14 January 2014	09.30 – 13.00	MARUM I, room 0190
11 February 2014	09.30 – 13.00	MARUM I, room 2070

Location

MARUM, University of Bremen, 28359 Bremen, Germany

To subscribe

To subscribe to this course, please fill in the [registration form](#).

Any enquiries concerning the course should be addressed to glomar-courses@marum.de.