

Registration Form: Mental Health Days, April 05-07, 2022

First name *

Last name *

E-Mail address *

Contact tracking: The Mental Health Days are planned as an on-site event. If contact tracking is still required at the time of the meeting due to the Corona Protection Ordinance, you can register on-site either with your smartphone via a QR code display or by filling out a contact form. We will inform you about any changes.

Workshop registration: You have an opportunity to attend activities of your choice. Please let us know which activities you would like to join.

April 05, 02:00 pm: How to tackle Mental Health at Work – Vision talk for mental health awareness

April 06, 10:00 am: Stress: When the pressure is on – Online workshop for individual stress management

You can only choose one course

April 06, 02:00 pm: Meditation

April 06, 02:00 pm: Mindfulness-based stress reduction

April 06, 03:00 pm: Yoga

April 07, 14:00 pm: Peer Support for Mental Health – Lightening talk on dealing with psychologically stressed colleagues

Photo permission: Please note that we are taking photographs at this event. The pictures will be used in publications or other media material produced by and for CeTI. If you do not wish to have your image recorded, your wishes known to the photographer or the event organizers.

Yes

No

Information on data protection. The information on data protection can be found in the corresponding information sheet "**Data protection declaration for the processing of personal data/information obligations according to the GDPR**". Is there anything you want us to be aware of in advance, or is there anything you want us to be sensitive in terms of your application?
