

Nova SBE Well-being Week



FEBRUARY 6-9, 2024

	FEBRUARY 6 (TUESDAY)	FEBRUARY 7 (WEDNESDAY)	FEBRUARY 8 (THURSDAY)	FEBRUARY 9 (FRIDAY)
	Professional Well-being	Personal Well-being	Mental Well-being	Physical Well-being
10.00 am		NOVA SBE STUDENT CLUB FAIR KPMG Gallery		
12.00 pm – 1.00 pm				FISHBOWL – GROUP DISCUSSION SLEEP AND DIGITAL WELL-BEING Teresa Rebelo Pinto João Faria Westmont Hospitality Hall
2.00 pm – 3.00 pm	<p>OPENING SESSION</p> <p>Maria Nolasco – Executive Director for Pre-Experience Studies</p> <p>Musical Intervention with Joana Castro e Costa Tiago Godinho</p> <p>PANEL DISCUSSION</p> <p>HOW TO PREVENT AND SURVIVE BURNOUT moderated by Filipa Castanheira with Marta Rebelo – Mental Health Consultant and Activist John Niland – Self-worth Activist and a Student Testimony Westmont Hospitality Hall</p>		<p>PANEL DISCUSSION</p> <p>HOW TO THRIVE IN TIMES OF CRISIS</p> <p>moderated by Radek Oros</p> <p>with Gustavo Jesus – Psychiatrist Ana Moniz – Psychotherapist Westmont Hospitality Hall</p>	<p>WORKSHOP</p> <p>I EAT DIFFERENTLY. SO WHAT? – FROM THEORY TO PRACTICE</p> <p>Tânia Miguel Sociro – Specialist in Clinical Nutrition (Municipality of Cascais) Westmont Hospitality Hall</p>
3.30 pm – 5.00 pm	<p>ACTIVITY</p> <p>FREE YOUR DANCE Constança Morais – Inner/outer Systems Change Facilitator Jerónimo Martins Grand Auditorium Foyer</p>		NOVA SBE GOT TALENT*	
5.00 pm – 6.00 pm	<p>ACTIVITY</p> <p>SUNSET MEDITATION Radek Oros – PhD candidate and Teaching Assistant at Nova SBE Jerónimo Martins Grand Auditorium Foyer</p>		*exclusive internal event for Nova SBE staff and faculty	

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HOW TO PREVENT AND SURVIVE BURNOUT

Join experts in a crucial dialogue on preventing and overcoming burnout. Discover actionable strategies for resilience and well-being in this enlightening panel discussion. Don't miss the key insights to safeguard your mental health.

[Enroll here.](#)

FREE YOUR DANCE!

Unleash your movement potential and unlock your body-mind. You can radically open up your ability to flow with the music and enjoy free full-body dance through simple body awareness exercises.

[Enroll here.](#)

SUNSET MEDITATION

Embark on a journey within. Join this meditation session for tranquility and mindfulness. Find peace in the present moment as you connect with your breath. Elevate your well-being.

[Enroll here.](#)

NOVA SBE STUDENT CLUB FAIR

Explore passions at our school club fair! From consulting to music, if you're a student, find your niche. Join this fair for a journey of learning, friendship, and fun. Unleash your potential today!

[Enroll here.](#)

HOW TO THRIVE IN TIMES OF CRISIS

In the face of collective crises like disasters, pandemics, and wars, join this panel discussion for invaluable insights, practical strategies, and a roadmap to overcome these challenging moments. Let's navigate adversity together.

[Enroll here.](#)

SLEEP AND DIGITAL WELL-BEING

Dive into the Sleep & Digital Well-being fishbowl discussion! Explore the impact of screens on sleep quality and discover strategies for a tech-balanced life. Bring your questions to the experts and join the conversation on fostering better sleep habits in a digital age.

[Enroll here.](#)

I EAT DIFFERENTLY. SO WHAT? – FROM THEORY TO PRACTICE

Nowadays, there's too much information about nutrition and how we should eat to maintain our health and contribute to the planet's sustainability. But what are the pros and cons of what we choose to eat every day?

[Enroll here.](#)