

Programme of the conference

How to cope with stress?

organized in the framework of the European Project **Not Only Fair Play**
under the honorable patronage of the Pomeranian Superintendent

Gdańsk, Poland

21 April 2016

12.00 - 12.10 opening of the conference, welcoming the guests

Rector of AWFIS prof. nadzw. dr hab Waldemar Moska, Director of OKUN
dr Elżbieta Walkiewicz

12.10 – 12.50 presentation of the project Not Only Fair Play

Mgr Joanna Nadratowska-Ptak, mgr Piotr Jaworski

12.50 – 13.10 debate on the project results

13.10 – 13.20 collecting comments on the project results

Director of OKUN dr Elżbieta Walkiewicz, Deputy Dean of AWFIS dr Bogumiła Przysiężna

13.20 – 13.30 summary of the discussion

Director of OKUN dr Elżbieta Walkiewicz

13.30 – 13.40 coffee break

13.40 – 14.00 lecture “Coping with stress at school, in sport competition and everyday life”

Deputy Dean of AWFIS – *prof. nadzw. dr hab. Mariusz Lipowski*

14.00 – 14.10 break for organizational purposes

14.10 – 15.40 workshops for the participants

organized in two sessions of 45 min., conducted by experts of Faculty of Health Psychology:

1. How to cope with teachers’ stress?

2. How to help students cope with stress?

15.40 – 15.50 evaluation of the conference

