



Workshop: How to study successfully

Part 1:

One more Corona semester: Strategies for self-organisation and motivation

This workshop is designed to improve your skills for self-organisation and learning to successfully reach your study goals. We will fight procrastination, learn to manage our time and resources more effectively and boost our motivation. It's also a workshop for networking with other students and a possibility to get a long-lasting support network.

Part 2:

Stress-Management: Strategies for coping and joy of life

We can only reach our study goals effectively when we have enough energy to study. That's why we need to self-care and actively create a happy life. Next to stress management techniques as mindfulness and self-empathy, you will get a happiness plan with 6 factors that you can always work on despite what's going on in the world. These factors are your thoughts, your emotions, your body, your social network, your positive activities, and your goals. It's also a workshop for networking with other students and a possibility to get a long-lasting support network.

Duration: 4 hours – divided in 2 modules of 2 hours

Online via Zoom with interactive methods (Mentimeter, break out rooms, white board, movies, exercises), max. 25 participants

Cost: 800 Euros with detailed handout

Coaching-Option: 80 Euros for 60 min (students gain trust in the workshop and can discuss individual difficulties that could not be discussed in detail in the workshop in the coaching session after the workshop - if needed)

Trainer: Sophie Appl – Psychologist & Intercultural Trainer/Coach

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Feedback from students:

Von [Nongthoi](#) an mich: (Privat)

Thank you for the relaxing mindfulness walk.

Von [Zaid K](#) an mich: (Privat)

1. Interactive exercises during the class

Von [Nongthoi](#) an mich: (Privat)

I think the corona survival plan is quite wonderful. I was feeling sad a few days back but was not able to find a reason

Von [douglas](#) an mich: (Privat)

Hi Sophie, I really enjoyed the seminar today. It was a good mix of info/techniques/videos/talking. I made an account on sprachduo and might try it out!

Von [Nongthoi](#) an mich: (Privat)

your talk has some useful ways to deal with situations like this I think

Sorry about the missing punctuations in the previous messages.

Von [Quy Tai Le](#) an mich: (Privat)

Thank you very much for your training. It's really helpful. I like the part with master difficult emotion and daily mood chart.

Von [Levente Lakatos](#) an mich: (Privat) 05:

I think the presentation was good

Von [Anna Fedorova](#) an mich: (Privat) 05:

I loved the seminar! Thank you so much, I am particularly interested in the topic of good sleep, I'm really looking forward to it :)

Von [Keryl Diedhiou](#) an mich: (Privat)

I liked the way the module was built with the useful tips and cute videos. The "forest walk" was very relaxing.

Von [Troels Meldgaard Thomsen](#) an Alle:

Very nice and easy to understand slide and presentation

Von [Levente Lakatos](#) an mich: (Privat)

Meditation part; Make a Time schedule and other nice advice, I think its a good seminar at all in this format