



TEAM UP FOR

VITALITY

VITALITY WEEK

20 TO 24 SEPTEMBER 2021

Studying and working at Fontys is great, but it can sometimes be very stressful. For students, in addition to the demands of their studies, there are also side jobs, internships and the performance pressure that comes along with them. Do you want to discover what makes you happy, live in the moment, get fit, and work on a brilliant career or your dream job? Then check out the programme below. During National Vitality Week, Fontys Vitaal organises digital workshops in cooperation with the enthusiastic Fontys ambassadors. Several workshops are available in English and you won't want to miss them.

> MOTIV MONDAY



Workshop: A story of Meaningful Work

Forget everything you know about work, right now. Forget about dreadful Mondays, stressful weeks, boring meetings and commitments you don't care for. And ask yourself: why do you do what you are you doing? And what could work look like if it was up for us to design? **Sign up.**

> CHOOSeday



Workshop: How to find work that really motivates you

Do you sometimes wonder which job or career would really fit you? Would you like to find out what truly motivates you, and feel more equipped to make better career choices? Then this workshop is for you! With help of the Ikigai model for work motivation, we will guide you through a series of interactive (group) exercises to find out what gets you out of bed in the morning! **Sign up.**

> FREAKY FRIDAY



Workshop: Challenge Your Limiting Beliefs

Do you know the feeling of being 'stuck', or lost in something? Do you have these typical situations you seem to keep running into, and do you feel you miss the actual insights or understanding to really move forward? And are you ready to break through your old habits? If so, this workshop is for you! Together we will define what's bothering you, use interactive exercises to gain key insights and make a plan to start your change right now! **Sign up.**