



## Winter Academy

### Annex

#### Training Programme

T1: Personal Effectiveness and Development

T2: Effective Communication

**22 & 23 January 2026**

#### Venue

- Amsterdam UMC, location AMC, Meibergdreef 9 1105 AZ Amsterdam-Zuidoost  
Vrijzaal, Ground floor

#### Coach

- Desirée Ho-Meau-Long, Brain & Body Company



Amsterdam UMC



A European project funded by the European Union's Horizon Europe's Research and Innovation Program under the Marie Skłodowska-Curie Actions Grant Agreement nr. 101167512.



# Programme 22 January 2026

## T1: Personal Effectiveness and Development / Dealing with Stress

### Goals

- Have insight your DISC profile (Dominance, Influence, Steadiness, and Conscientiousness)
- Understand how to handle stress and tension
- Be able to recognize and name your coping style
- Be introduced to various techniques to relax

### Work Methods

- Presentations / interactive exercises
- Physical exercises

#### 09:00 - 12:30 **Morning session: Personal Effectiveness**

- DISC: characteristics, self-awareness, and development points
- How to deal with Red, Yellow, Green and Blue. DISC and communication patterns: theory
- Discussing DISC patterns in relation to stress

#### 12:30 - 13:00 *Lunch break*

#### 13:00 - 17:00 **Afternoon session: Dealing with Stress**

- Theories of stress, fight/flight/freeze responses, stress loop
- Coping mechanisms
- Breathing exercises, meditation, movements to stay fit (vagus nerve exercises, exercises behind the computer)
- Inventory of developmental questions

End of the afternoon session and transportation by car to evening venue (approx. 30 min)

### Evening: Social event

- Playing Padel in Badhoevendorp (bring sportswear)  
(Address: Sloterweg 301, 1171 VB Badhoevedorp , +31 06 55801647)
- Enjoying food, drink and company



# Programme 23 January 2026

## T2: Effective (Intercultural) Communication

### Goals

- Have insights into more effective communication
- Practice effective communication skills
- Understand different influencing techniques

### Work Methods

- Presentations and interactive exercises
- Role-playing
- Breaks with breathing and stretching exercises (learned in T1)

### 09:00 - 12:30 **Morning session: Basic communication skills**

- Active Listening and Giving & Receiving Feedback
- Influencing effectively (to point out, arguing, bridging, enthusiasm, moving away)
- Energizers: physical exercises, to cope with stress (repetition)

### 12:30 - 13:00 *Lunch break*

### 13:00 - 16:00 **Afternoon session: Effective communication**

- Intercultural aspects
- DISC-based effective communication: How to deal with Red, Yellow, and Blue profiles: Roleplays.
- Action Plan on Communication and Dealing with Stress

The end



Floorplan Amsterdam UMC Ground Floor

# Welkom bij Amsterdam UMC

## Plattegrond

