



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



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: Sloteweg 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 en Dealing with Stress

The end

Floorplan Amsterdam UMC Ground Floor

