

# UNIVERSITAS STUDIORUM SPALATENSIS

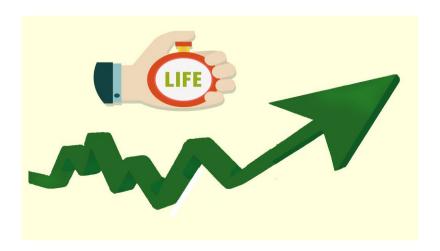
## SPLIT SUMMER SCHOOL STSS2018

COURSE: STRESS - CRISIS MANAGEMENT - TIME MANAGEMENT

Contact person: Andrea Russo, arusso@pfst.hr

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Web page: http://split-summerschool.com



#### Main topics:

- describing the meaning of time and meaning of time management
- understanding the importance of "Begin with the End in Mind" habit for managing time effectively
- focusing on customer relationship management
- understanding the importance of "Put First Things First" habit for managing time effectively
- understanding the differences between crisis and related concepts
- analysing the effect of crisis, trauma and disaster on the individual level
- applying adequate methods for prevention and/or coping with stress, crisis and trauma
- final seminars presentations

## **Programme structure:**

- 5-day course
- sample data will be provided for practice and for final presentation
- every student gets lecture notes bound into a booklet, as well as a CD containing a digital version of the booklet, the current version of Y-code

# Important dates:

Course dates: 27/08/2018 – 31/08/2018

Deadline for application: 15/07/2018 Payment due by: 01/08/2018 Confirmation of the course: 10/08/2018

Price of the course: 300 € (tax included)

Bed & breakfast: 189 € (tax included) – contact person: Marina Kero, marina.kero@scst.hr

#### Programme plan:

## Day 1

- Introduction
- Meaning of time and meaning of time management
- Linkages between stress, time Management and crisis management
- Meaning of crisis and meaning of crisis management
- Differences between crisis and related concepts

#### Day 2

- Team Intelligence
- The relation of daily computer work to stress

#### Day 3

- Supporting systems on tourism destinations management
- The importance of "Begin with the End in Mind" habit
- The importance of "Put First Things First" habit

#### Day 4

- The relation of crisis and stress intervention in family medicine setting
- Case study

#### Day 5

- From acute to chronic stress: acute crisis resolution and adaptation, sequelae of crisis, trauma and disaster
- Antistress programmes

#### **Programme lecturers:**

Andrea Russo, PhD

University of Split, Faculty of Maritime Studies Croatian Scientific Bibliography

M. Volkan Turker, PhD.

Marmara University Goztepe Campus, Istanbul Faculty of Business Administration

Pelin Bolat, PhD

Istanbul Technical University, Maritime Faculty

Gizem Yüksel, Msc. student

Istanbul Technical University, Maritime Faculty

Arjeta Troshani, PhD

University of Shkodra "Luigj Gurakuqi", Faculty of Economy, Albany

M. Volkan Turker, PhD.

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Davorka Vrdoljak, PhD

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