



SPLIT SUMMER SCHOOL STSS2018

COURSE: STRESS – CRISIS MANAGEMENT – TIME MANAGEMENT

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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

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