COURSE: STRESS – CRISIS MANAGEMENT – TIME MANAGEMENT

Contact person: Andrea Russo, arusso@pfst.hr
phone: +385 98 75 70 45

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

Main topics:
• Describe the meaning of time and meaning of time management
• Understand the importance of ‘Begin with the End in Mind’ habit for managing time effectively
• Focusing on customer relationship management
• Understand the importance of ‘Put First Things First’ habit for managing time effectively
• Understand the differences between crisis and related concepts
• Analyse the effect of crisis, trauma and disaster on individual level
• Apply 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: 26/08/2019 – 30/08/2019
Application deadline: 15/07/2019
Payment due by: 01/08/2019
Confirmation of the course: 10/08/2019

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 to 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 to crisis and stress intervention in family medicine setting
- Case study
Day 5
- From acute to chronic stress: acute crisis resolution and adaptation, sequele 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

Davorka Vrdoljak, PhD, University of Split School of Medicine, Croatian Scientific Bibliography