



TEAM UP FOR

VITALITY

# VITALITY WEEK

21 TO 27 SEPTEMBER 2020

Studying and working at Fontys is great, but it can sometimes be very stressful. For students, in addition to the demands of their studies, there are also side jobs, internships and the performance pressure that comes along with them... and of course students are getting used to Blended Learning! Do you want to discover what makes you happy, learn how to eat more healthily, live in the moment, get fit, and work on a brilliant career or your dream job?

Then check out the programme below. During National Vitality Week, Fontys Vitaal organises digital workshops in cooperation with the enthusiastic Fontys ambassadors. Several workshops are available in English and you won't want to miss them.

**Important: make a note in the registration form that you would like to participate in English.**

## > MOTIV MONDAY



Start the week feeling fresh with a yoga session. In addition, follow this with a fit break, or an inspirational session about how you can connect with non-verbal signals through your screen, to make a good online first impression.

**Workshop:** [Yoga in your Daily Life](#)

**Workshop:** [Online Fit Break](#)

**Workshop:** [Connect through your Screen - Non-Verbal Signals for a Good Online First Impression](#)

## > CHOOSE DAY



Choosing can be difficult, but what do you want to explore today? Achieving personal goals, or being the director of your own company - or maybe you'd like to participate in the No-Sweat Challenge. Here's an overview of today's options:

**Inspiration sessions:** [Your Dream Job \(who doesn't have a Dream Job\)?](#)

This inspirational session is offered at 3 different times:

9:00-9:30, 10:00-10:30 and 11:00-11:30.

**Workshop:** [The No-Sweat Challenge](#)

**Workshop:** [Start your own Bullet Journal](#)

**Workshop:** [Standing Zen Dynamics](#)

**Workshop:** [Vital Running with Technology](#)

**Workshop:** [Introduction to Tennis](#)

> RESTDAY WEDNESDAY



Relaxation is also very important. Learn more about including yoga in your daily life, or start participating in an online fit break.

**Workshop:** [Yoga in your Daily Life](#)

**Workshop:** [Online Fit Break](#)

**Workshop:** [The No-Sweat Challenge](#)

> FREAKY FRIDAY



Dealing with fear is sometimes a challenge. You might find yourself shaking before a test or the first day of your internship. Learn how breathing is a powerful health tool at this workshop focussing on yoga in your daily life.

**Workshop:** [Yoga in your Daily Life](#)

> THURSDAY



Fancy a healthy drink? On this Thursday, you can explore the cocktail combining work, studying and your private. What's the perfect mix for you? Maybe a little Ikigai, or attention to healthy ingredients will (re)boost your energy.

**Workshop:** [Find your Ikigai](#)

**Workshop:** [Standing Zen Dynamics](#)

**Inspiration session:** [\(Re\)boost your Energy and Happiness at Work](#)

