

### **Course title: Chill out! - Relaxation as a tool for personal development and therapy**

**Organization of the course:** The course will begin with an e-seminar on Microsoft Teams (online meeting Saturday, October 24, 2020, 11am-1.00pm (course edition 1) or 1.15-3.15pm (course edition 2). E-learning materials, tasks and assignments will be posted between October 24 and November 7 (at Microsoft Teams, Facebook Social Learning Group or Google Classroom). Students will post their presentations (final assignments) between November 7 – December 4. The course will conclude with an e-seminar on Microsoft Teams (online meeting Saturday, December 5, 2020, 11am-12.30pm (course edition 1) or 12.45-2.15pm (course edition 2).

**Credit:** Students are expected to attend both online seminars and participate in them actively (video cameras on during the class, participation in discussions). Students are also expected to fulfil all online mid-course assignments (listen to posted relaxations, watch videos and comment on the given material, prepare their own recordings of the relaxations) and prepare the final assignment on the satisfactory: a presentation on stress management, relaxation techniques or visualisation, prepared individually or in pairs, posted in the course group at the given date.

### **Course title: All Work and No Play? Exploring Creativity in Doctors' Professional and Personal Development**

**Organization of the course:** It is a weekend blended learning course that takes place on:  
(a) Saturday, 31st November 2020, 10am-12:30pm (ZOOM); (b) Saturday, 14th November 2020, 10am-12:30pm (ZOOM); (c) Saturday, 21st November 2020 PRACTICAL SESSION LIVE (groups to be agreed during first ZOOM session OR ZOOM – depending on final DO decisions); group 1: 10am-12:30pm, group 2: 2pm-4:30pm; (d) mid-course assignment (reading, watching, moderated chat/online discussion, creative activity) posted online, to be completed between 23rd November and 4th December); (e) Saturday, 5th December 10am-12:30pm assignment presentations (ZOOM); (f) Saturday, 12th December 10am-12:30pm assignment presentations (continued) (ZOOM). Teacher will be available for consultations (non-compulsory) on Tuesday, 1st December 5pm-7pm (ZOOM).

**Credit:** To complete the course students are required to be present at all classes, participate actively in all exercises and complete the assignment on a satisfactory level. Assignment: presentation, oral 10 minutes, or 5-7 slides, on a topic chosen from a list presented by the teacher at the first session.