

# Blended Intensive Program: *The wellbeing of an office worker*



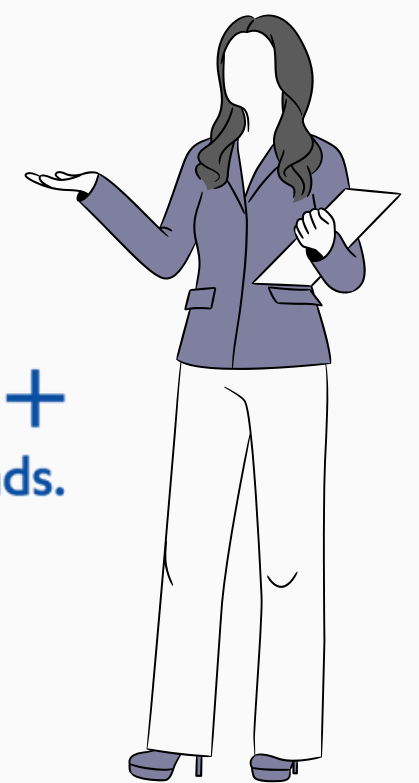
## BIP CONTENT

The proposed Blended Intensive Program aims to raise awareness over the importance of the mental and physical health of an office worker and highlight how these factors can improve the overall quality of the work environment.

The program aims to provide physical education support, psychological aid, nutritional coaching, as well as other relevant recreational activities and the required skills the participants need in order to integrate these activities once they return to their home countries.

## Main topics

- Mental and physical health at the workplace
- Preventing mental health issues: *from work overload to work balance*
- Theories of motivation: *Why do (not) people exercise?*
- How to start and maintain a regular exercise pattern: *self-motivation, adherence, withdrawal, prevention*
- How to improve your nutrition as an office worker



## More about the BIP

Focus area: HEALTH

OPEN TO: Administrative staff

On-site activities: 24-28 JULY 2023

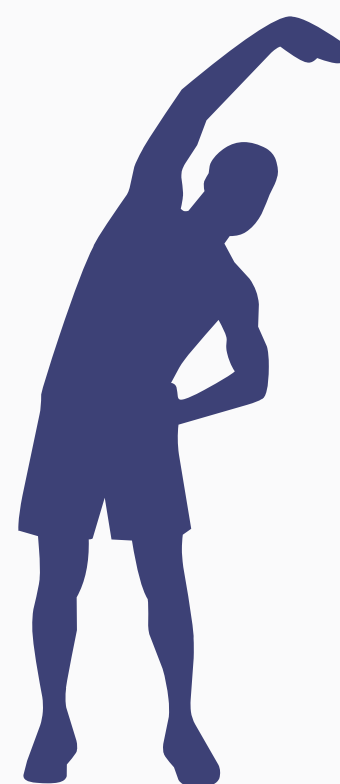
Feedback session (on-line activity)

Total workload: 25 h

Format: Blended

Location: Constanta, Romania

@ "Ovidius" University of Constanta



## **Take care of your physical and mental well-being!**

We would love to collaborate with  
you!

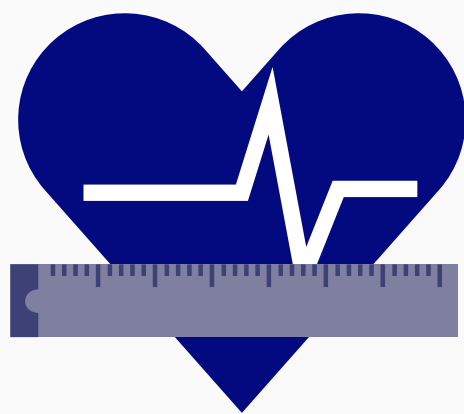
Reach out to:

[uocpoffice@gmail.com](mailto:uocpoffice@gmail.com) anytime!

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## AGENDA



NUTRITION LUNCHES	MENTAL AWARENESS SEMINAR	NUTRITION SEMINAR	PHYSICAL HEALTH SEMINAR
CONSTANTA CITY TOUR	MOBILITY EXERCISES	RECREATIONAL GROUP ACTIVITIES	FIELD TRIP

## LECTURERS

### LARISA CASANGIU



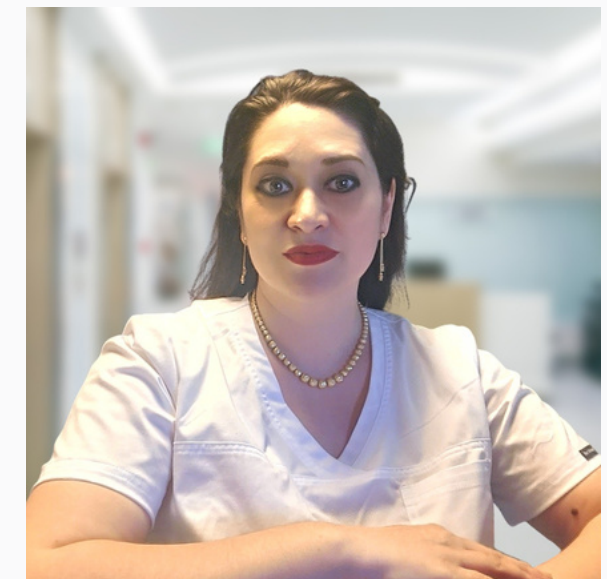
Associated Prof. at the *Faculty of Psychology and Education Sciences*, PhD. in Philology, *Cum laude*.  
Life coach, personal development advisor and author of 20 books and over 90 articles.  
Artistic writer, she has published a book in France entitled "*Pas Seulement d'amour*"

### ALIN LARION



Prof. and Vice Dean at the *Faculty of Physical Education and Sports*.  
Athletics coach, former president of the *Romanian Federation "Sport for all"* and currently executive for the *Romanian Olympic and Sports Committee*

### SORINA ISPAS



Assistant Professor, *PhD. MD*, Consultant Doctor Laboratory Medicine and Specialist Doctor in Diabetes, Nutrition and Metabolic Diseases, author and coauthor of 8 books