

Program
Wellbeing Week
2025

JOIN!

17 March - 20 March 2025
TU/e Students & Staff



TU/e

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Life is not easy, and for some it is even harder. During Wellbeing Week, take a closer look at what it means to be outside of the norm, to face difficulties. Read about your peers who have overcome distinct challenges at the exhibition in Atlas. We will share our experiences to inspire, offer a different perspective, to create a more compassionate campus and to open the dialogue.

MOVE

Monday 17 March



08:00 - 22:00

Personal Training



SSC Gym



Students & Employees



English

Would you like to experience how a 1-on-1 session with a personal trainer would look like? Sign up for one of the available timeslot so you could have a 15 minute intake followed with a 45 minute workout with one of the SSC Personal Trainers. If you enjoy the session, you would have the opportunity to purchase one of the PT packages on a discounted price.



08:00 - 08:30

Syngry HIIT



SSC Gym



Students & Employees



English

You will have a fun and intensive class of 30 minutes with an instructor. The High Intensity Interval Training is a method that has relatively short bouts of intense activity and active rest. It's the perfect class in the morning to start your day active and full of energy.

Speedcoach Sessions



09:30 - 11:45
13:30 - 15:15



Online



Employees



English

Would you like to reflect upon an aspect of your life, personality, values or career? This is your chance! In a 25 minute speed coaching session, your coach will offer you an Exploration chart with different topics. Each of the topics consists of cards with stimulating coaching questions. Just pick a random card or select one of your liking and explore the question with your coach. In our experience people find the session thought-provoking and inspiring. Even a short coaching session can change your perspective on matters. Just sign up and see you online!

BALANCE

Workshop 'Work Happiness'

In a world where happiness seems malleable and people mainly show the best side of themselves, it is easy to forget who you really are and what you need. In uncertain times, we continue to strive for perfection and prefer to hide everything that does not meet it. But, does that really make you happy?



10:00 - 12:00



Metaforum 1.092



Employees



English

Do you recognize this?

How do you keep yourself managed in uncertain times? How do you enjoy your work and make sure you also relax from time to time? This workshop helps you to take back control of your own happiness.

What to expect?

Scientific insights that help you understand why we strive for perfection. Interactive exercises that inspire and show that you are the only one. Tips to get started right away.

It's time to meet you!

Power Yoga



11:00 - 11:50



SSC Studio 2



Students & Employees



English

Power Yoga is a great class for someone who wants to not only practice yoga, but also work on general body strength. Power Yoga is a dynamic and energetic form of exercise, in which you develop balance, coordination, strength and flexibility. Power Yoga brings inner strength, focus and stability, helping you cope better with stress and tension. Bring a towel and some warm clothes for cooling down.

Would you like to take a break from your thoughts and worries in your mind? Enjoying the small things more in daily life?



12:00 - 13:00



Markethall Metaforum



Students & Employees



English

Walking is a fantastic exercise: it frees you from your daily worries for a while and improves your mood. That is if you walk consciously in a different way than you are used to, no longer on autopilot. From mind full to mindful. A mindful walk (even a short one) can make you feel alive and gives you inner peace and vitality.

Together with Mindfulness trainer Natasja Timmermans you will go for a short walk, with guided walking meditations, on the campus (so no sportswear needed). You are welcome to experience it yourself!



12:00 - 13:00



Markethall Metaforum



Students & Employees



Dutch & English

Historic Campus Walk

Walk at the campus and get information about the buildings, history of TU/e and the works of art.

Squash Clinic



12:00 - 13:00



SSC Squash Courts



Students & Employees



English

Looking for a fun and energizing way to boost your fitness and unwind? Try squash during the Wellbeing Week at the SSC! Squash is a fast-paced, exciting sport perfect for all skill levels—from complete beginners to seasoned players.

De-Stress: Smash away stress and feel rejuvenated after an engaging session on the court.
Stay Active: Enjoy a great cardio workout that improves agility, coordination, and endurance.
Have Fun: Grab a friend or join others for a thrilling game filled with friendly competition.

Give yourself a break during a take-a-break breath session

In our Western society, we are increasingly facing higher and longer-term sickness absenteeism, such as burnout. To maintain a healthy work-life balance, it's necessary to literally take a break and catch your breath. What if you took the time to pause and reconnect with yourself, physically and mentally? During the Take a Break session, you'll learn how to slow down and reconnect with your body. Together, we'll explore simple breathing techniques that help release stress, calm your mind, and increase focus.



12:15 - 12:45



Metaforum 10



Students & Employees



English

What to expect after a Take-a-Break session:

- Greater awareness of your breath
- A deeper sense of grounding and connection with your body
- Peace of mind
- Faster recognition and release of stress
- Increased concentration and work satisfaction
- A boost in vitality and creativity

Give yourself the opportunity to restore your energy and sign up!

Workshop 'Dare To Say No! How do I learn to say 'No' More often, even in stressful situations'



13:00 - 17:00



Atlas 11.201



Employees



English

During this training we will explore the obstacles that prevent you from saying "No" in a playful way. We use boxing among other things to do so. We work on increasing your self-confidence. We also learn from each other ways of dealing with obstacles.

Program

- A 4-hour workshop with a group of colleagues,
- Playing and boxing to explore personal obstacles
- Concepts such as assertiveness, self-confidence, being the driver of the bus of your life
- Steps learning to change behaviour

Afterwards

- You will recognize your obstacles that keep you saying 'Yes'
- You have set your personal goals and made a plan to help you to make a first step to change your behavior
- You feel more comfortable when you say 'No'
- You can keep your own goals in mind making 'Yes or No decisions' easier

Workshop 'Stress Management'



14:00 - 17:00



Metaforum 1.092



Students & Employees



English

Are you feeling overwhelmed by your workload or struggling to manage stress? During TU/e's Wellbeing Week, Het Oefenlokaal offers an engaging workshop for employees and students designed to help you recognize, manage, and reduce stress effectively. We will guide you through both theoretical insights and practical exercises, covering topics like identifying stress, handling pressure, and building mental resilience. Don't miss this opportunity to improve your well-being in an interactive and supportive environment. Spaces are limited, so secure your spot and take the first step toward a healthier, stress-free lifestyle!

Danae Bodewes is a researcher at Fontys University of Applied Sciences. She explores the curious, entrepreneurial attitude of students and professionals through practice-based research and development of education and tools. Among other things, she is the author of the book: *Schaamteloos nieuwsgierig* (Shamelessly curious). We will give this book away by lottery to workshop participants.

BBB (legs-butt-belly)



16:00 - 16:50



SSC Studio 1



Students & Employees



English

The no. 1 lesson to fine-tune your body. Under the guidance of our instructor and to the sounds of motivating music, you will do exercises to refine the shape of your legs, hips, butt, and belly. Did you know that 3 B's also means 3xBurn? Several options of intensity will be provided so that workout stays suitable for everyone. Always bring a towel and a bottle of water.

Bystander Intervention Training



17:30 - 19:00



Vertigo 5.07



Students & Employees



English

This training is conducted by Fairspace. Fairspace (fairspace.co) is dedicated to creating safe public spaces by ending inappropriate behavior through campaigns and workshops. You'll learn different forms of inappropriate and transgressive behavior, the impact of such behavior & practical intervention techniques using the 5D method (Distract, Document, Direct, Delegate, Delay)

Through real-life examples and interactive videos, you'll gain the confidence to create safer spaces for everyone. Don't miss this opportunity to make a difference and become an active bystander!



17:30 - 18:30



Golf Centre Eindhoven



Students & Employees



English

Golf Clinic

Discover the basics of golf in a fun and relaxed setting. Our students will guide you through the process, helping you unwind, learn a new skill, and boost your mood. The clubs, course, and golf balls are ready and waiting for you. Wear comfortable clothes and enjoy our workshop.



18:30 - 20:30



SSC Gym



Students



English

Fit Check

The Fit Check is a way for students to get an idea of their current health and fitness levels. You will perform tests that will indicate different health and medical aspects regarding strength, flexibility, condition, and balance. For all your questions about nutrition, exercise and physical complaints, you can ask one of our fitness instructors present, or be referred to a specialist for a consultation moment.

Tuesday 18 March

Personal Training



08:00 - 22:00



SSC Gym



Students & Employees



English

Would you like to experience how a 1-on-1 session with a personal trainer would look like? Sign up for one of the available timeslot so you could have a 15 minute intake followed with a 45 minute workout with one of the SSC Personal Trainers. If you enjoy the session, you would have the opportunity to purchase one of the PT packages on a discounted price.



08:00 - 08:30



SSC Gym



Students & Employees



English

Synrgy HIIT

You will have a fun and intensive class of 30 minutes with an instructor. The High Intensity Interval Training is a method that has relatively short bouts of intense activity and active rest. It's the perfect class in the morning to start your day active and full of energy.



08:00 - 09:00



SSC Studio 2



Students & Employees



English

Pilates

Pilates is a low-impact form of exercise that aims to strengthen muscles while improving posture and flexibility. Pilates focuses mainly on the core and glutes, although the exercises also target other parts of the body. Great for beginners who want to get in shape, but also challenging enough for everyone. Bring a towel and some warm clothes for cooling down.

Health Check



08:30 - 17:00



SSC Hall 2



Employees



Dutch &
English

Great news! This year, we're once again partnering with Toppsupport for the Health Check. A nurse will be on-site to conduct cholesterol tests, and we'll also offer physiotherapy support. With all these services under one roof, you'll have easy access to essential healthcare, along with personal attention and expert advice. Find out how we can help you achieve your health goals and enhance your wellbeing!

Reading 'Menopause'



09:00 - 10:30



Metaforum 1.092



Employees



English

Menopause can impact both personal and professional life, but understanding it makes a difference. As part of TU/e's Wellbeing Week Marjolein Janssen-Scheepens from Oefenlokaal presents an enlightening lecture on menopause tailored for all TU/e employees. Marjolein is a sleep therapist and (sports) masseur in addition to being a Cesar Occupational Therapist.

Learn to recognize symptoms, understand their effects, and discover ways to foster a supportive workplace environment for those experiencing menopause or their colleagues. Join us to empower yourself and your team with knowledge and compassion.

Speedcoach Sessions



09:30 - 11:45
13:30 - 15:45



Online



Employees



English

Would you like to reflect upon an aspect of your life, personality, values or career? This is your chance! In a 25 minute speed coaching session, your coach will offer you an Exploration chart with different topics. Each of the topics consists of cards with stimulating coaching questions. Just pick a random card or select one of your liking and explore the question with your coach. In our experience people find the session thought-provoking and inspiring. Even a short coaching session can change your perspective on matters. Just sign up and see you online!

Workshop 'Burnout Prevention'



10:30 - 12:00



Zwarte Doos 1.04



Students &
Employees



English

This insightful workshop, given by the student psychologist Lucy Versteijlen, will offer input and advice in regard to prevention against burnout-related complaints. In this workshop you will learn what burnout is, how to recognize stress symptoms early on and tips and advice regarding prevention against burnout-related complaints.



12:00 - 13:00



Markethall Metaforum



Students &
Employees



Dutch &
English

Historic Campus Walk

Walk at the campus and get information about the buildings, history of TU/e and the works of art.

Unlocking the Power of Neurodiversity at Work



12:30 - 13:30



Atlas 4.215



Employees



English

Are you an employee with autism or ADHD? Do you identify as neurodiverse? Then this presentation is for you! Join Prof. Dr. Evangelia Demerouti as she explores how job crafting can help neurodiverse employees shape their work environment for success.

Why attend?

- * Understand the hidden challenges of neurodiversity in the workplace
- * Learn practical strategies to enhance your work experience
- * Discover how small changes can lead to big improvements in your daily tasks

Let's rethink the way we work—together! Don't miss this inspiring talk. Save the date & join us!

Our Neurospicyness



16:30 - 18:30



Vertigo 5.07



Students & Employees



English

Get new perspectives, share your story, find your people. During Wellbeing Week, take a closer look at what it means to be neurodiverse. Read about your peers who have overcome distinct challenges at the exhibition in Atlas and meet them at 'Our Neurospicyness' event. During this event, we will start by sharing our own experiences. We will discuss how we see neurodiversity and what it means for us.

Afterwards, there is time for more in-depth discussion, fun icebreakers to help everyone feel at ease, and interactive games designed to spark connections and laughter. Whether you come to listen or talk, laugh or cry, just be you. There will be something for everyone, so bring your curiosity and join the fun!

Workshop 'Complaints Arm, Neck & Shoulder'



17:00 - 18:00



Atlas 1.652



Students & Employees



English

This workshop will offer information regarding complaints of the arm, neck, and shoulder in relation to work, study, and stress. You will be provided with advice and tips to prevent complaints from occurring through proper ergonomic setup advice, and better understanding in how to address physical complaints which arise during work or study. This workshop will be given by the SSC Physio Rebeka Trca.

Golf Clinic



17:30 - 18:30



Golf Centre Eindhoven



Students & Employees



English

Discover the basics of golf in a fun and relaxed setting. Our students will guide you through the process, helping you unwind, learn a new skill, and boost your mood. The clubs, course, and golf balls are ready and waiting for you. Wear comfortable clothes and enjoy our workshop.

Core Class



18:00 - 18:30



SSC Studio 2



Students & Employees



English

Core Class - can fitness be fun? Core Class is the most interactive and fun class to help you get a firm, healthy torso, abs and glutes. Different techniques and materials will help you reach your limits. Our instructors will ensure that participants of all levels are challenged! Always bring a towel and a bottle of water.

Workshop 'I'm Fine', a workshop about dealing with emotions

In today's society we have labelled emotions as good or bad and they've been seen as inferior to logic and rationality. More notably, emotions have been understood as a sign of weakness – and who wants to be seen as weak, right? However, understanding your emotions and their link to your body can help you manage stress and challenges effectively.



19:00 - 21:30



Metaforum 10



Students



English

In this interactive workshop, you'll learn to connect with your emotions and discover the power of doing so. Margit van Tuijl (life coach at TINT) and Kimberly Drabbels will share skills with you to help you become more aware of your emotions and how you can use them to your benefit. Emotions are there to tell you something about your needs, so understanding them and acting upon them can increase your emotional resilience. Accepting your emotions might sometimes feel difficult, but knowing their value can make it a bit easier. In this workshop, there's plenty of room to share experiences, exchange ideas, and inspire each other.

Join the workshop to empower yourself and become more resilient!

Wednesday 19 March



Personal Training

08:00 - 22:00

SSC Gym

Students & Employees

English

Would you like to experience how a 1-on-1 session with a personal trainer would look like? Sign up for one of the available timeslot so you could have a 15 minute intake followed with a 45 minute workout with one of the SSC Personal Trainers. If you enjoy the session, you would have the opportunity to purchase one of the PT packages on a discounted price.

Power Yoga

08:00 - 08:50

SSC Studio 2

Students & Employees

English

Power Yoga is a great class for someone who wants to not only practice yoga, but also work on general body strength. Power Yoga is a dynamic and energetic form of exercise, in which you develop balance, coordination, strength and flexibility. Power Yoga brings inner strength, focus and stability, helping you cope better with stress and tension. Bring a towel and some warm clothes for cooling down.



Synrgy HIIT

08:00 - 08:30

SSC Gym

Students & Employees

English

You will have a fun and intensive class of 30 minutes with an instructor. The High Intensity Interval Training is a method that has relatively short bouts of intense activity and active rest. It's the perfect class in the morning to start your day active and full of energy.

Speedcoach Sessions

09:30 - 11:45
13:30 - 15:15

Online

Employees

English

Would you like to reflect upon an aspect of your life, personality, values or career? This is your chance! In a 25 minute speed coaching session, your coach will offer you an Exploration chart with different topics. Each of the topics consists of cards with stimulating coaching questions. Just pick a random card or select one of your liking and explore the question with your coach. In our experience people find the session thought-provoking and inspiring. Even a short coaching session can change your perspective on matters. Just sign up and see you online!



Cycling

12:30 - 13:15

SSC Cycling Studio

Students & Employees

English

The 'Cycling Class' is a fun way to build or maintain your fitness and leg strength. During our Cycling Classes, the instructor rides with you and simulates climbs, descents and sprints. The class is accessible to all levels as you can set the resistance yourself. The colourful LED lighting in the Cycling Studio makes your experience even more special!

Lezing 'Kunstenaars kunnen alles maken'



12:40 - 13:20



Blauwe Zaal
Auditorium



Students &
Employees



Dutch

Ook 'De Kunst' zoekt oplossingen voor maatschappelijke uitdagingen. Matthijs Bosman is Artistic Researcher bij het lectoraat Designing Journalism van Fontys Hogescholen en Speculative Designer bij de Fontys Academy for the Creative Economy. Hij is een grensverleggende kunstenaar en innovator, en laat zien hoe de vrije denkwijze van kunstenaars een onmisbare kracht kan zijn in een wereld waar creativiteit en innovatie elkaar moeten versterken.

Tijdens de lezing neemt Bosman je mee in zijn wereld van maatschappelijk geëngageerde kunst, waarin onderzoek naar locaties, samenlevingen en leefwerelden centraal staat. Hij laat zien hoe kunst, wanneer het artistieke kwaliteit weet te behouden, een actieve rol kan spelen in de maatschappij. En hij stelt de vraag: wat gebeurt er als kunstenaars hun vrijheid gebruiken om oplossingen te bedenken die daarvoor nog niet bestonden? Ontdek hoe kunst kan inspireren. Creativiteit en innovatie gaan hand in hand - en soms helpt een andere invalshoek je verder dan je denkt.

Mocht de inschrijving via het Studentensportcentrum vol zijn, probeer het dan via de website www.studiumgenerale-eindhoven.nl.



17:30 - 18:30



Golf Centre Eindhoven



Students &
Employees



English

Golf Clinic

Discover the basics of golf in a fun and relaxed setting. Our students will guide you through the process, helping you unwind, learn a new skill, and boost your mood. The clubs, course, and golf balls are ready and waiting for you. Wear comfortable clothes and enjoy our workshop.

Thursday 20 March

Personal Training



08:00 - 22:00



SSC Gym



Students & Employees



English

Would you like to experience how a 1-on-1 session with a personal trainer would look like? Sign up for one of the available timeslot so you could have a 15 minute intake followed with a 45 minute workout with one of the SSC Personal Trainers. If you enjoy the session, you would have the opportunity to purchase one of the PT packages on a discounted price.



Synrgy HIIT



08:00 - 08:30



SSC Gym



Students & Employees



English

You will have a fun and intensive class of 30 minutes with an instructor. The High Intensity Interval Training is a method that has relatively short bouts of intense activity and active rest. It's the perfect class in the morning to start your day active and full of energy.

Speedcoach Sessions



11:15 - 11:45
13:30 - 14:00



Online



Employees



English

Would you like to reflect upon an aspect of your life, personality, values or career? This is your chance! In a 25 minute speed coaching session, your coach will offer you an Exploration chart with different topics. Each of the topics consists of cards with stimulating coaching questions. Just pick a random card or select one of your liking and explore the question with your coach. In our experience people find the session thought-provoking and inspiring. Even a short coaching session can change your perspective on matters. Just sign up and see you online!



12:00 - 13:00



Markethall Metaforum



Students & Employees



Dutch & English

Historic Campus Walk

Walk at the campus and get information about the buildings, history of TU/e and the works of art.

Gym Explained



12:00 - 13:00



SSC Gym



Students & Employees



English

A 60 minutes interactive workout and tour through the gym for beginners! Whether you're completely new to the gym or already have some experience, a guided tour through our gym is always a good idea and is guaranteed to give you a fresh or new perspective. You will crisscross the whole gym with our instructor and you will pick-up all kinds of tips and tricks. You will learn about the machines, free zones, how to use weights, what the house rules are and anything you always wanted to know.

Mindful Walking



12:00 - 13:00



Markethall Metaforum



Students & Employees



English

Would you like to take a break from your thoughts and worries in your mind? Enjoying the small things more in daily life?

Walking is a fantastic exercise: it frees you from your daily worries for a while and improves your mood. That is if you walk consciously in a different way than you are used to, no longer on autopilot. From mind full to mindful. A mindful walk (even a short one) can make you feel alive and gives you inner peace and vitality.

Together with Mindfulness trainer Natasja Timmermans you will go for a short walk, with guided walking meditations, on the campus (so no sportswear needed). You are welcome to experience it yourself!

BALANCE

Writing Workshop on Wellbeing



12:00 - 13:00



SSC Conference Room 1



Employees



English

On Thursday March 20 Euflex will stage a life writing workshop on well-being. Mark the date in your agenda and join us for a relaxing, inspiring well-being session. What does well-being mean to you? What gives you a sense of well-being?

This writing experience will be something different! Applying an associative, self-reflecting technique, you will be connecting to your story. The aim is not to write something pretty, but to turn off your thoughts and your rationale. Relax your always busy mind and follow your feelings. Just you, a piece of paper and a simple pencil. We are looking forward to meet you!

Reading 'Connection Nutrition & Cancer'



12:00 - 13:00



Atlas 6.625



Students & Employees



English

Ellen Kampman, professor of Nutrition and Disease at Wageningen University, talks about how we can try to lower our risk of cancer, and will distinguish the facts from the fables about nutrition and cancer.

1 in 2 Dutch people are diagnosed with cancer. About a third of the most frequent cancers in the Netherlands can be prevented by not smoking, eating healthy and exercising more. But what is considered healthy food? So many Dutch people, so many opinions on nutrition. But is sugar now carcinogenic? Does dairy contain the wrong hormones? Can coffee give you cancer? And how often should I go to the gym?

Give yourself a break during a take-a-break breath session

In our Western society, we are increasingly facing higher and longer-term sickness absenteeism, such as burnout. To maintain a healthy work-life balance, it's necessary to literally take a break and catch your breath. What if you took the time to pause and reconnect with yourself, physically and mentally? During the Take a Break session, you'll learn how to slow down and reconnect with your body. Together, we'll explore simple breathing techniques that help release stress, calm your mind, and increase focus.



12:15 - 12:45



Metaforum 10



Students & Employees



English

What to expect after a Take-a-Break session:

- Greater awareness of your breath
- A deeper sense of grounding and connection with your body
- Peace of mind
- Faster recognition and release of stress
- Increased concentration and work satisfaction
- A boost in vitality and creativity

Give yourself the opportunity to restore your energy and sign up!

Power of Daylight



16:00 - 17:00



SSC Pavilion



Students & Employees



English

TU/e Health in the Built Environment group presents the workshop 'Power of Daylight': Tools to map your (daytime) light exposure and see its effects on your Wellbeing. As a community, TU/e Health in the BE conducts research on activities in the built environment (both indoor and outdoor) with the aim of supporting and promoting human health and wellbeing while supporting individual citizens in their pursuit of a high quality of life. The aim of the community is to develop innovative, multidisciplinary projects to submit for funding and exchange information.

Wondering if you spend enough time in daylight? Do you want to know how it affects your wellbeing? Join this interactive lecture/workshop and discover the latest tools and techniques to measure and optimise your daylight exposure. Don't miss this opportunity to improve your well-being and learn more about the benefits of daylight! Register and discover how to optimise your daily routine.

Stretch Class



17:00 - 17:50



SSC Studio 2



Students & Employees



English

This class consists of a dynamic warm-up, individual and supported stretches with triggerballs, sticks and we finish with a gentle cool-down. This class can be perfectly combined with any active class to help release tension in your muscles and joints. You will also learn different, safe stretching methods and techniques to continue your flexibility training outside the gym. All levels are welcome. Always bring a towel.

Zumba



18:00 - 18:50



SSC Studio 1



Students & Employees



English

Zumba combines energetic and motivating music with unique moves and combinations that allow Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO". Zumba is a "feel-happy" workout that is great for both the body and the mind. Bring separate indoor shoes and a bottle of water.

Squash Clinic



12:00 - 13:00



SSC Squash Courts



Students & Employees



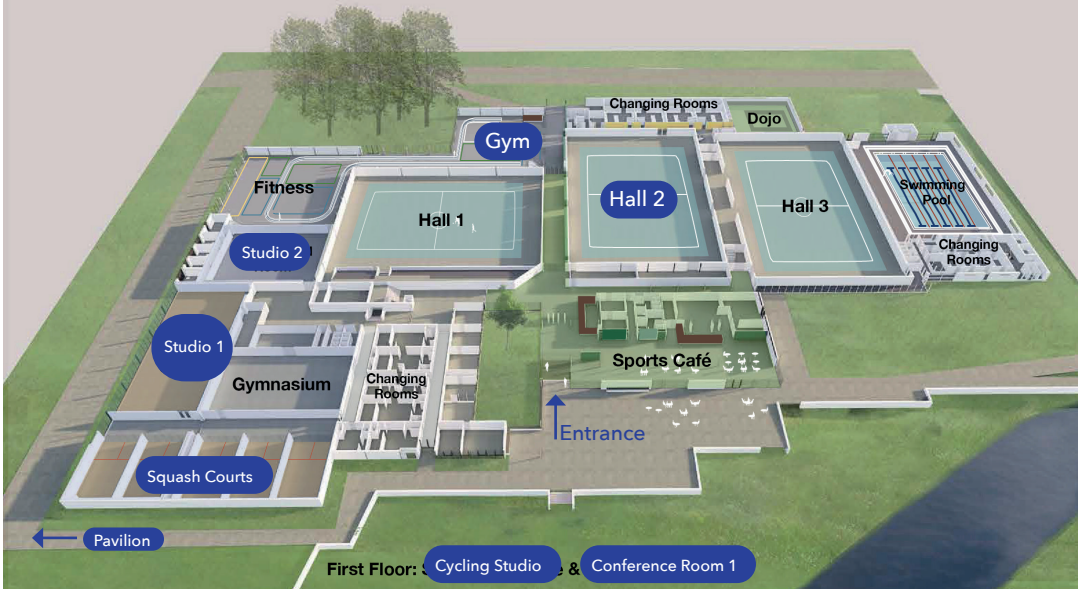
English

Looking for a fun and energizing way to boost your fitness and unwind? Try squash during Well-Being Week at the SSC! Squash is a fast-paced, exciting sport perfect for all skill levels—from complete beginners to seasoned players.

De-Stress: Smash away stress and feel rejuvenated after an engaging session on the court.
Stay Active: Enjoy a great cardio workout that improves agility, coordination, and endurance.
Have Fun: Grab a friend or join others for a thrilling game filled with friendly competition.

RECHARGE

Map SSC



Student Sports Centre Eindhoven
 Onze Lieve Vrouwestraat 1
 5612 AW Eindhoven

Golf Centre Eindhoven
 J C Dirkxpad
 5631 BZ Eindhoven



Map TU/e



JOIN!

Thank you for joining the
Wellbeing Week

JOIN!

Questions?
wellbeingweek@tue.nl



TU/e