



# Doctoral Education

## Certificate Transferable Skills

**Ehsan ESTAJI**

successfully participated in:

### Knowing and reducing your stress

● Winter Semester 2021 - 2022

● 03, 10, 17, 24 November /  
01, 08 December 2021

● Working hours : 25

● 1 ECTS recommended by the  
University of Luxembourg

● Facilitated by: Dr. Maurizio Cortesi

● LEARNING OUTCOMES

- Investigate and familiarize with stress dynamics/impact;
- Fostering awareness of how it presents in the body-minded of habitual reactive patterns;
- Explore and practice ways to reduce stress;
- Make choices around perspectives & actions and make changes in the environment ;
- Learn how to pause and resource when stress shows up;
- Fostering a sense of space and agency when meeting life and work challenges in the personal and interpersonal domains.



Prof. Dr. Jens KREISEL  
Vice-rector for Research