



Doctoral Education

Certificate Transferable Skills

Ehsan ESTAJI

successfully participated in:

Building skills for your wellbeing

● Summer Semester 2019 - 2020

● 19, 26 May; 02, 09 June &
16 June

● Facilitated by: Dr. Maurizio Cortesi

● LEARNING OUTCOMES:

- practice mindfulness, gratitude and compassion;
- become aware of the inner critic and support oneself with compassion (self-compassion);
- reconnect with motivation, aspiration and strengths;
- make adaptive engagements to support wellbeing in the long run;
- basic notions on stress, mindfulness, emotions, needs, mind and positive psychology.

● Working hours: 24

● 1 ECTS recommended by the
University of Luxembourg

Prof. Dr. Jens KREISEL
Vice-rector for Research