

## Programme - May 2026

### Webinar: Supporting Wellbeing Through Work-Life Balance

**When:** 6 May April 2026 14-15 EET / 13-14 CET

**To whom:** Staff at INVEST partner universities

**Registration:** <https://link.webropolsurveys.com/EP/45238ED19C04A728>

During this webinar, we are going to explore balance between work and personal life. First and foremost, we will examine key concepts and find out, how balance is closely related to a larger notion of wellbeing and personal resources. After that, we will go on to identify common stress factors and common moderating influences, which usually help regulate occupational stress. Finally, we will review practical ways to set goals and make smaller (and sometimes bigger) adjustments in work and everyday life.

Speaker: Sampo Mutka

### Webinar: Strengthening Doctoral Collaboration in Europe: Cotutelle Opportunities within INVEST

**When:** 13 May 2026, 14 – 15.30 CET / 15 – 16.30 EET

**To whom:** The event will be open to participants from across the INVEST alliance, including: PhD candidates; Supervisors and faculty; Master's students, Administrative staff involved in doctoral education; Representatives of partner institutions within INVEST.

**Registration:** <https://forms.gle/tmd8tKLdUsTwCqMu7>

To commemorate European Doctorate Day on May 13, the INVEST European University Alliance will organize an online webinar dedicated to highlighting the importance of doctoral education, international research collaboration, and cotutelle opportunities within the alliance.

The initiative aims to strengthen cooperation among INVEST partner universities and promote doctoral mobility and joint supervision across the network.

### Webinar: How to Cope with a Toxic Work Environment and Avoid Burnout

**When:** 19 May 2026, at 13:00 CET

**To whom:** Invest staff

**Registration:** <https://forms.cloud.microsoft/e/Lhb9CyWqyy>

In the webinar PhDr. Mgr. Jana Kollár Rybanská, PhD. will focus on identifying the signs of a toxic workplace and understanding its impact on mental health. Participants will gain practical strategies for managing stress, setting healthy boundaries, and preventing burnout. The session also offers guidance on maintaining a healthy work-life balance.

## Programme - May 2026

### Webinar: Horizon Europe for INVEST Alliance: Preparing Competitive Proposals and Lessons Learned

**When:** 26th of May 2026, at 14:00 CET and 15:00 EET

**To whom:** Lecturers and researchers

**Registration:** <https://enquete.univ-reims.fr/limesurvey/index.php/493951?lang=en>

This webinar is organised by the INVEST Centre of Excellence and the University of Reims Champagne-Ardenne and is delivered within the framework of the 'Funding Opportunities' task force for researchers.

Speaker: Martin Valach (SUA)

### Webinar: Managing Stress and Fostering Well-Being: Strategies and Resources for Administrative Staff

**When:** 26<sup>th</sup> of may, 10:00 CET / 11:00 EEST

**To whom:** Administrative Staff

**Where:** Online

**Registration:** [https://docs.google.com/forms/d/e/1FAIpQLSfRZKabpOVZxyXUTMz3\\_v5LqIfl9AZSxyT9WO8Z1s1K3qmdZA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfRZKabpOVZxyXUTMz3_v5LqIfl9AZSxyT9WO8Z1s1K3qmdZA/viewform)

During this webinar, we are going to explore the dynamics of work-related stress and well-being among administrative staff in academic settings. First and foremost, we will examine key concepts related to occupational stress, with particular attention to the balance between job demands and the job and personal resources that are typically available within university contexts.

Building on this framework, we will consider how these demands and resources manifest in academic workplaces, and how individual and organizational factors can help regulate and mitigate their impact. In this context, we will also introduce practical coping strategies, highlighting how these elements interact in employees' everyday work experience.

Speaker: Silvia Simbula (PhD)

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[www.invest-alliance.eu](http://www.invest-alliance.eu) > Studies > [INVEST Fellow Programme](#)

