

Lecture Title:
Stress Management for Mental Well-Being

Abstract: Our generation is over-achieved, over-stimulated, over-connected and over-worried. We have reached a point where the simplest experiences of daily life pump so much adrenaline in our systems, that the only act of living can be compared to practicing an extreme sport. As exciting as it sounds, these levels of adrenaline don't come alone. They bring many other factors that put our health at high risk and can even drag us down to have the darkest thoughts. Join us to get to know how small changes can make a big impact in the way you live in a life free of stress.

Biosketch: Anabel is a Talent Manager for the Software Engineering headquarters at an international organization based in Zurich. In addition, she works independently as a Career Coach with a special focus on graduates, young professionals and mothers returning to the corporate world. She was born and raised in the South of Spain, and moved to Switzerland five years ago with a clear goal: to grow and help others grow.