MVUB-Lunchtalks

Topics relating to working conditions of intermediate staff

Input talks and discussion

The events are organized by the intermediate staff organization of the University of Bern (MVUB). They are open for intermediate staff and everyone who is interested, and are free of charge. Please bring your own lunch.

Where: UniS, Schanzeneckstrasse 1, 3012 Bern, Room A 201

Previous registration is recommended: www.mvub.unibe.ch/lunchtalks

Tuesday, 27 March 2018
12:15–13:15

Entrepreneurship – first steps towards your own business

Have you been thinking about founding your own company? Do you have a brilliant business idea or a promising project and are thinking of ways to transform it into practice? This talk will provide you with advice on how to turn your idea into a business model. It will outline important steps that have to be taken on the way to your own business and will allow room for individual questions. Talk in English, discussion in German and English.

Prof. Dr. Artur Baldauf, Director Department of Management and Entrepreneurship, University of Bern

Dienstag, 17. April 2018
12:15–13:15

Digitale Universität – was bringt die Digitalisierung der Uni Bern?


Mit Kurzinformation zur Ausschreibung des «Wunsch-Schloss»-Ideenwettbewerbs zum Thema «Digitalisierung als Chance».

Dr. Matthias Stürmer, Forschungsstelle Digitale Nachhaltigkeit, Universität Bern

Tuesday, 1 May 2018
12:15–13:15

Workplace stress and taking care of yourself: A better understanding

Increasing workload, time pressure, high expectations or interpersonal conflicts can lead to short-term, but also to long-term impairments regarding mental and physical health, motivation or performance, especially in the highly competitive and demanding environment of academia. Before the strain gets too strong, we ask: Which stressors are destructive? What can we do to reduce or avoid stress-induced damages? What approaches in dealing with stress are helpful according to latest research? Language: English

Dr. Ivana Igic, Occupational and Organizational Psychology, University of Bern

Mittelbauvereinigung der Universität Bern
Hochschulstrasse 6
3012 Bern
Tel. +41 31 631 52 62
info@mvub.unibe.ch
www.mvub.unibe.ch