

**Monday 19<sup>th</sup> –  
Friday 23<sup>rd</sup> April**

# Welcome to JIBS Wellbeing Week Webinar Series!

**JIBS wellbeing week: experience sharing for wellbeing  
in times of crises**

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*Webinar 1:  
Monday 19<sup>th</sup> April,  
Time: 12-13*

Searching for inner voice with Hermann Hesse – Inner voice,  
management learning and novels  
by Michal Zawadzki and Mark Edwards

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*Webinar 2:  
Tuesday 20<sup>th</sup> April,  
Time: 12-13*

The usefulness of Yoga in stressful times – Journey to your  
inner self through Yoga  
by Annika Hall

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*Webinar 3:  
Wednesday 21<sup>st</sup> April  
Time: 12-13*

The wide-awake bake - Finding balance between productivity  
and health in the journey of Brödsmedjan  
by Jonas Holgersson

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*Webinar 4:  
Thursday 22<sup>nd</sup> April  
Time: 12-13*

Mindfreeness – Calm your mind with Mindfulness  
by Guenola Nonent

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*Webinar 5:  
Friday 23<sup>rd</sup> April  
Time: 12-13*

How to cope in a crisis - Reflections over survival skills as a  
student in war-torn Beirut  
by Tommy Josefsson

You are most welcome to register if you are a JU student or staff; the places are  
limited and are distributed on a first-come, first-served basis.

Follow this link to register: [https://ju-  
se.zoom.us/webinar/register/WN\\_NXl3wwhIT9ChZ8rL3Jz3rw](https://ju-se.zoom.us/webinar/register/WN_NXl3wwhIT9ChZ8rL3Jz3rw)