Well-being at Nova SBE

Well-being Week

MARCH 3-5 2020
TIME | TUESDAY MARCH 3 | WEDNESDAY MARCH 4 | THURSDAY MARCH 5
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12:30 PM | Healthy Lunchboxes | Eating veggie: Expectation Vs Reality | Functional Workout
FOOD CLUB, MAIN DECK | FOOD CLUB, MAIN DECK | FITSNESS HUT GYM
ENROL HERE | ENROL HERE | ENROL HERE

1:00 PM | Break | Break | Talkin about Mental Health

1:10 PM | Work-Life Blend: What’s preventing you from having it? | Share Your Experience: Story time with Nova SBE Students | Stress-free exam season: Dream or Reality?
PEDRO COSTA, BUSINESS DISCOVERY MANAGER, JERÓNIMO MARTINS, POWERED BY BYC & MYC | HELENA MARUJO, UNESCO’S CHAIR ON EDUCATION FOR GLOBAL PEACE SUSTAINABILITY, POSITIVE PSYCHOLOGY RESEARCHER | AFONSO CALDEIRA, BSC IN ECONOMICS STUDENT, TUTOR
GALLERY | GALLERY | GALLERY

1:40 PM | Break | Break | Group Mediation: From NOOb to Nirvana.

1:50 PM | Is Positive Psychology the new must-have management style? | Personal Finance: When 1€ today means 3€ tomorrow. | Group Mediation: From NOOb to Nirvana.
HELENA MARUJO, UNESCO’S CHAIR ON EDUCATION FOR GLOBAL PEACE SUSTAINABILITY, POSITIVE PSYCHOLOGY RESEARCHER | PEDRO ANDRESSON, JOURNALIST, BLOGGER, SIC | SUSANA NOVAIS SANTOS, NEUROSCIENTIST, MINDFULNESS INSTRUCTOR, ULTRAMARATHON SWIMMER, HUMANITARIAN ATHLETE, SOCIAL ENTREPRENEUR
GALLERY | GALLERY | GALLERY

2:30 PM | Break | Break | Sunset & Vinyl

4:00 PM | Personal Finance: When 1€ today means 3€ tomorrow. | Stress-free exam season: Dream or Reality? | Sunet & Vinyl
PEDRO ANDRESSON, JOURNALIST, BLOGGER, SIC | AFONSO CALDEIRA, BSC IN ECONOMICS STUDENT, TUTOR | CTT ROOFTOP
GALLERY | GALLERY | CTT ROOFTOP

4:40 PM | Stress-free exam season: Dream or Reality? | Group Mediation: From NOOb to Nirvana.
AFONSO CALDEIRA, BSC IN ECONOMICS STUDENT, TUTOR | SUSANA NOVAIS SANTOS, NEUROSCIENTIST, MINDFULNESS INSTRUCTOR, ULTRAMARATHON SWIMMER, HUMANITARIAN ATHLETE, SOCIAL ENTREPRENEUR
GALLERY | GALLERY

5:10 PM | Break | Break | Run your way to success (group run)

5:20 PM | Run your way to success (group run) | Surf your way to success (surf class) | Run your way to success (group run)
NOVA RUNNING CLUB, MEETING POINT @ SAGRES BEACHWAY | NOVA SURF CLUB, MEETING POINT @ SAGRES BEACHWAY | NOVA RUNNING CLUB, MEETING POINT @ SAGRES BEACHWAY
ENROL HERE | ENROL HERE | ENROL HERE

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**FLOOR 1**
- Main stage
- Clinic CUF Nova SBE (free check ups)
- Espaço S (psychological support)
- Nova SBE Sports & Badminton Station UNL
- Fitness Hut
- Fidelidade Studios

**FLOOR 0**
- Nova SBE Food Club
- Meeting Point (Surf & Running)
March 3

HEALTHY LUNCHBOXES
FOOD CLUB
12:30 PM, MAIN DECK

Sick of eating the same thing everyday? Join us at the main deck and learn how to make yourself portable and healthy lunches that will energize you throughout your busy day!

WORK-LIFE BLEND: WHAT’S PREVENTING YOU FROM HAVING IT?
PEDRO COSTA, JERÓNIMO MARTINS,
PONDERED BY BYC AND MYC
1:10 PM, GALLERY

Acknowledging that there are no secret recipes for an effective work-life blend, Pedro will share his story and some actions that were important for him in this field. He will talk about how he managed to succeed with various activities and responsibilities at Nova SBE, where he was part of a group of students that created the first Clubs at the school, and where he became Head of Students of Nova SBE CEMS Club. Pedro will also share some ideas that made a difference in the daily challenge that is the blend between personal and professional life, and that perhaps you will also find interesting to implement!

IS POSITIVE PSYCHOLOGY THE NEW MUST-HAVE MANAGEMENT STYLE?
HELENA MARUJO, UNESCO
1:50 PM, GALLERY

Motivating others and preventing a bad work environment are key components of a manager’s job. Positive psychology can help you in these situations through well-made reward systems and good negotiation skills. Helena Marujo, UNESCO’s Chair on Education for Global Peace Sustainability, will answer your questions and give you some advice on how to proceed positively in conflictuous situations.

PERSONAL FINANCE: WHEN 1€ TODAY MEANS 3€ TOMORROW.
PEDRO ANDERSSON, SIC
4:00 PM, GALLERY

If you want to start investing and learn better ways of saving your money, this is the talk for you! Pedro Andresson, responsible for the show “Contas-Poupança”, will give you the best tips on how to give a better life to your savings.

RUN YOUR WAY TO SUCCESS (GROUP RUN)
NOVA RUNNING CLUB
5:20 PM, MEETING POINT @SAGRES BEACHWAY

The Running Club has prepared a run for everyone! If you want to spend some time with your friends and colleagues or meet new people while improving your fitness levels, join them at the Sagres Beachway’s Entrance! Participants will be split up in groups according to running experience. There are showers available at Nova SBE (located right in front of the Sagres Beach Way, between Fitness Hut and the Marco Galinha Amphitheater).

ENROL HERE
March 4

EATING VEGGIE: EXPECTATION VS REALITY
FOOD CLUB
12:30 PM, MAIN DECK

Always thought about going vegetarian, but the thought of switching your whole diet sounds frightening? This workshop/meet-n-eat by Nova Food Club will show you some easy and delicious veggie dishes to inspire you to take a step towards a healthy and sustainable lifestyle!

SHARE YOUR EXPERIENCE: STORY TIME WITH NOVA SBE STUDENTS
1:50 PM, FIDELIDADE STUDIOS

Have you ever felt like school can be too much to handle? Ever feel like everyone else is having an easier time? Don’t worry, you’re not the only one. In this informal group talk, students from all levels will share their own experiences of when life at Nova SBE just didn’t go their way, and how they managed to cope and turn things around. Come talk, or just listen!

SURF YOUR WAY TO SUCCESS (SURF CLASS)
NOVA SURF CLUB, 5:20 PM
MEETING POINT @SAGRES BEACHWAY

Studying in a school near the ocean has its advantages and the Nova Surf Club is going to help you make the best of them! Grab your friends and join them for a surf lesson at the Sagres Beachway's Entrance! There are showers available at Nova SBE (located right in front of the Sagres Beach Way, between Fitness Hut and the Marco Galinha Amphitheater). ENROL HERE

March 5

FUNCTIONAL WORKOUT
FITNESS HUT
12:30 PM, FITNESS HUT GYM

Exercising regularly has many benefits for your body and brain. Fit your way into the gym and get out in the right mood! It will be a 45 minutes class. The time in schedule includes preparation. Gym showers will be available. And it’s at lunch time, so there are no excuses! Come and join us (limited to 30 people, so enrol fast) ENROL HERE

STRESS-FREE EXAM SEASON: DREAM OR REALITY?
AFONSO CALDEIRA
4:00 PM, GALLERY

Exam seasons can be a very stressful time, but there are ways to ease your way through them! Enjoy the company of your colleague, Afonso Caldeira, and learn his tips and tricks to lower your stress levels and reach your full potential in the exam season.

TALKING ABOUT MENTAL HEALTH
MARTA EGÍDIO PEREIRA, CO-FOUNDER, UNGAP YEAR; MANUEL AZEVEDO COUTINHO, SENIOR INNOVATION MANAGER AT FIDELIDADE; CHARLOTTE HAMILTON, ASSOCIATE DEAN FOR COMMUNITY ENGAGEMENT & IMPACT, NOVA SBE. POWERED BY BYC E MYC
1-10 PM, GALLERY

1 in 4 people experience mental health issues each year; 676 million people are affected by mental health issues worldwide. The more conversations we have, the more myths we can bust and barriers we can break down – helping to end the isolation, shame, and worthlessness that too many of us feel when experiencing a mental health problem. Join Associate Dean, Charlotte Hamilton, and Nova SBE alumni for an informal, intimate discussion of their journeys, positive wellbeing, and strategies to develop emotional resilience and community support.

YOGA CLASS FOR BEGINNERS
CONSTANÇA CASQUINHO
12:30 PM, HOVIONE ATRIUM

Yoga helps the body to relax and lowers stress levels. It provides three important elements: meditation, breathing, and poses, which will help to regulate your heart rate variability and lower stress levels. Lowering the heart rate will make your body calm, and you will be able to respond to stress positively. Bring comfortable clothes and participate! ENROL HERE

GROUP MEDIATION: FROM NØØB TO NIRVANA.
SUSANA NOVAIS SANTOS
4:00 PM, GALLERY

Whether you’ve always wanted to get into meditation and just weren’t sure how, or have already reached nirvana, this group meditation session lead by the accomplished Susana Novais Santos is sure to be a step towards better mindfulness and self-actualization. Join us!

SURF YOUR WAY TO SUCCESS
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SUNSET & VINYL
4:40 PM, CTT ROOFTOP

The awaited return of the vinyl-only only sunset has come! Bring your own records on vinyl and have them played during the party. The perfect mix between music listening and relaxing with a drink after classes, always with a beautiful view!