



UNIVERSITÄT
DES
SAARLANDES



TRANSFORM
4EUROPE

Workshop: High Performance and Self Care in Academia

(English skills at B2 level are required)

On-site Workshop on **September 9 and 10, 2025, from 9 a.m. to 5 p.m.**
with overnight stay at „Hochwälder Wohlfühlhotel“ in the region of
Saarland.

Discover the Key to Sustainable High Performance and Self-Care

In this workshop, you will engage in a reflective and practical journey towards achieving a **sustainable balance** between the **pursuit of excellence** and **mindful self-care**. True balance requires more than time and energy management - it calls for a deeper understanding of your **personal values, motivations, and individual working style**. Facilitated by Tanja Rosenbaum, you will develop tailored strategies to preserve your performance capacity while actively supporting your health and well-being. Through real-world examples and interactive exercises, you will acquire tools that can be immediately applied in your daily routine. The objective is to **foster long-term success** by aligning professional demands with **personal resilience** - creating a solid foundation for both your career and personal development.

By participating, you are making a meaningful investment in a more balanced, sustainable, and fulfilling future.

Tanja Rosenbaum will guide you through the workshop.

Tanja Rosenbaum is a former diplomat and executive with international leadership experience. She supports academics and decision-makers in combining personal resilience with professional excellence – through systemic methods, scientific insight, and a holistic approach. Her work enables high-responsibility professionals to recognize early warning signs and implement practical strategies for sustainable high performance and well-being.



The Registration will be possible
until 11.08.2025 via e-mail to:
personalentwicklung@uni-saarland.de.

It is possible to participate in the training through **Erasmus+ Staff Mobility**. Please contact the International Office at your home university for more information.

The contact person at Saarland University for signing the Erasmus funding agreement is **Fabienne Adolphe** (email address: fabienne.adolphe@uni-saarland.de).

We look forward to welcoming you to the workshop!