

FOCUS

FRAMEWORK OF COGNITIVE & UNSTRESSFUL SUCCESS

AGENDA DAY 1: REGULATION, AWARENESS & COGNITIVE CLARITY

09:00	Registration and Site Visit WALA Heilmittel GmbH	14:00	Neuroscientific Foundations
11:30	Welcome by ISPE and WALA	14:45	Values Compass & Cognitive Clarity
12:00	Breathing and Attention Exercise	15:45	Coffee Break
12:30	Regulation-based Movement (Yoga & Nature)	16:00	Clarity Scent Creation
13:00	Lunch Break	16:40	Cacao Session
		17:05	Guided Reflection
		19:00	Networking Dinner



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AGENDA DAY 2: RESILIENCE, APPLICATION & IMPLEMENTATION

08:30 Activation & Regulation

09:00 Resilience Factors

09:45 Cognitive Patterns &
Reframing

10:30 Coffee Break

10:45 Guided Meditation

11:30 Intention Walk

12:15 Cognitive Load Theory

13:00 Lunch Break

14:00 Yin & Yang - Balance in a
Professional Context

14:30 Body-based Regulation
Techniques

15:15 Coffee Break

15:30 Resilient Focus Blueprint

16:30 Closing



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