



„Unlocking Good Health through Social Connections“

Health Lunchtime Event mit Prof. Rolf van Dick
October 5th, 2023

Please have paper
and a pen ready
for an exercise
during the event.

Social and leadership competencies

OUR
VISION

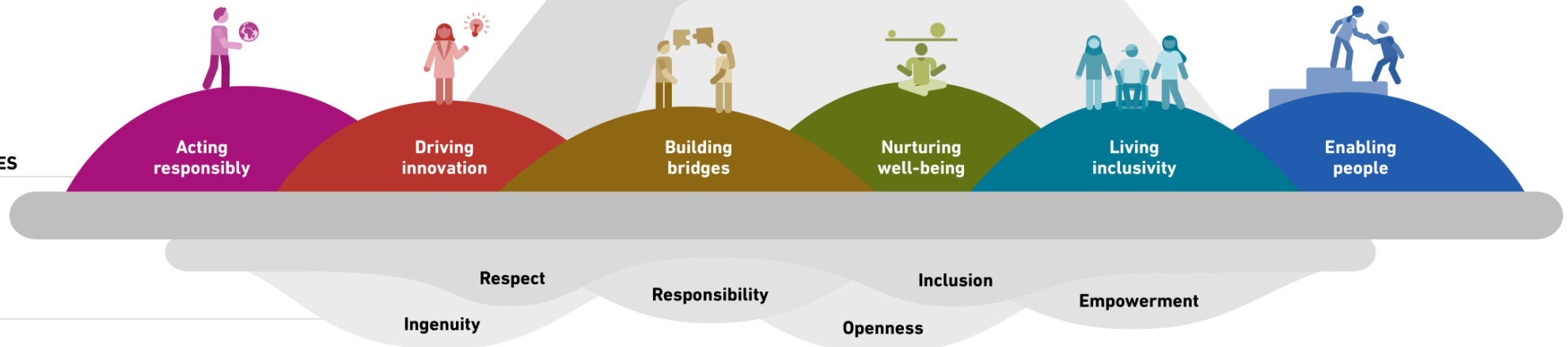
OUR
MISSION

OUR
COMPETENCIES

OUR
VALUES

Nurturing well-being

- being mindful of one's own well-being
- being attentive to the well-being of others
- managing one's own resources sustainably
- maintaining a healthy work-life balance



Support for (Mental) Health at ETH



- [Health services at ETH](#)
- [Consulting & Coaching](#)
- [Support with mental challenges](#)
- [HR Consultants](#)
- [Contact & Advice Services Respect](#)
- [Course offering Development & Leadership](#)
- [Network Crisis & Suicide](#)
- [Ensa Mental Health courses for First Aiders](#)



Accessing personnel development and leadership learning

In the future

via the Lifelong Learning Hub LXP

(in addition to traditional communication)

The screenshot displays the Lifelong Learning Hub LXP interface. At the top, it says "Welcome to the ETH Oberassistentende community" and includes a search bar for "Search Viva Learning". Below this, there's a user profile for "Peter André Herr" and a notification "All caught up! No courses assigned". A featured course by "Weiss Michael" is also visible. The main content area shows a filter bar with "Your interests (1)", "Providers (1)", "Duration", "Languages", and "Types". Active filters include "Nurturing well-being" and "ETH Zurich". Under "Trending in your organization", three resources are listed:

- Benefits of failing**: ETH Zurich | ETH Zurich, 5 stars (1 rating), 21 views, Online Resource, EN (US), 30m.
- Dealing with sexual harassment**: ETH Zurich | ETH Diversity and Cooperation, 15 views, E-Learning, EN (US), 2h.
- Leitfaden: Früherkennung und Ansprechen psychischer Probleme**: ETH Zurich | SVA, 13 views, Online Resource, DE (DE), 30m.



Thank you for joining!



You will find all the information,
links & slides on our website:

[Health Lunchtime Event – Staffnet | ETH Zurich](#)