

1. Getting to know each other – Introduction	Introduction, training framework, expectations. "Who am I?" game; what does stress/conflict mean to me? Bringing in cultural background.
2. Stress around the world I.	Student country presentations: societal and individual sources of stress. 10–15 minutes/person + short joint reflection
3. Stress around the world II.	Continuation of country presentations. Collection of common and culture-specific stressors.
4. Stress around the world III. + What is stress?	End of presentations + shared “global stress map”. Short introduction: stressor–stress reaction–coping.
5. Understanding my own stress	Recognizing your own stress signals: physical, emotional, cognitive, behavioral. Creating a personal Stress Map. "What happens to me under stress?"
6. Coping with stress	Problem- vs. emotion-focused coping; adaptive/maladaptive strategies. Mapping your own coping repertoire, solving cases.
7. Stress management toolbox	Trying specific techniques: breathing, grounding, progressive relaxation/mindfulness, attention redirection. Everyone puts together their own “Stress First Aid Kit”..
8. Resilience & resources	What helps you in difficult situations? Personal and social resources, controllable/uncontrollable things, resilience. "My resource map".
9. From stress to conflict	How does stress lead to conflict? Trigger points, automatic reactions. Recognizing your own conflict patterns. Short cases.
10. Conflict styles	Thomas–Kilmann: competition, accommodation, avoidance, compromise, cooperation. Questionnaire + interpretation of own profile.
11. Communication in conflict	Assertive-aggressive-passive communication. I-messages, active listening. Paired communication exercises.
12. Intercultural conflicts	Cultural differences in communication and conflict. Misunderstandings, direct/indirect communication, processing cultural cases.
13. Conflict Lab – practice	Role plays: university, workplace, roommate, and friendship conflicts. Observer feedback: “What worked? What could be different?”

**My personal stress &
14. conflict management
toolkit**

Summary and integration. Creating my own personal “toolkit”:
my stress signals – my stress management methods – my
conflict style – my communication strategies. Closing
reflection.