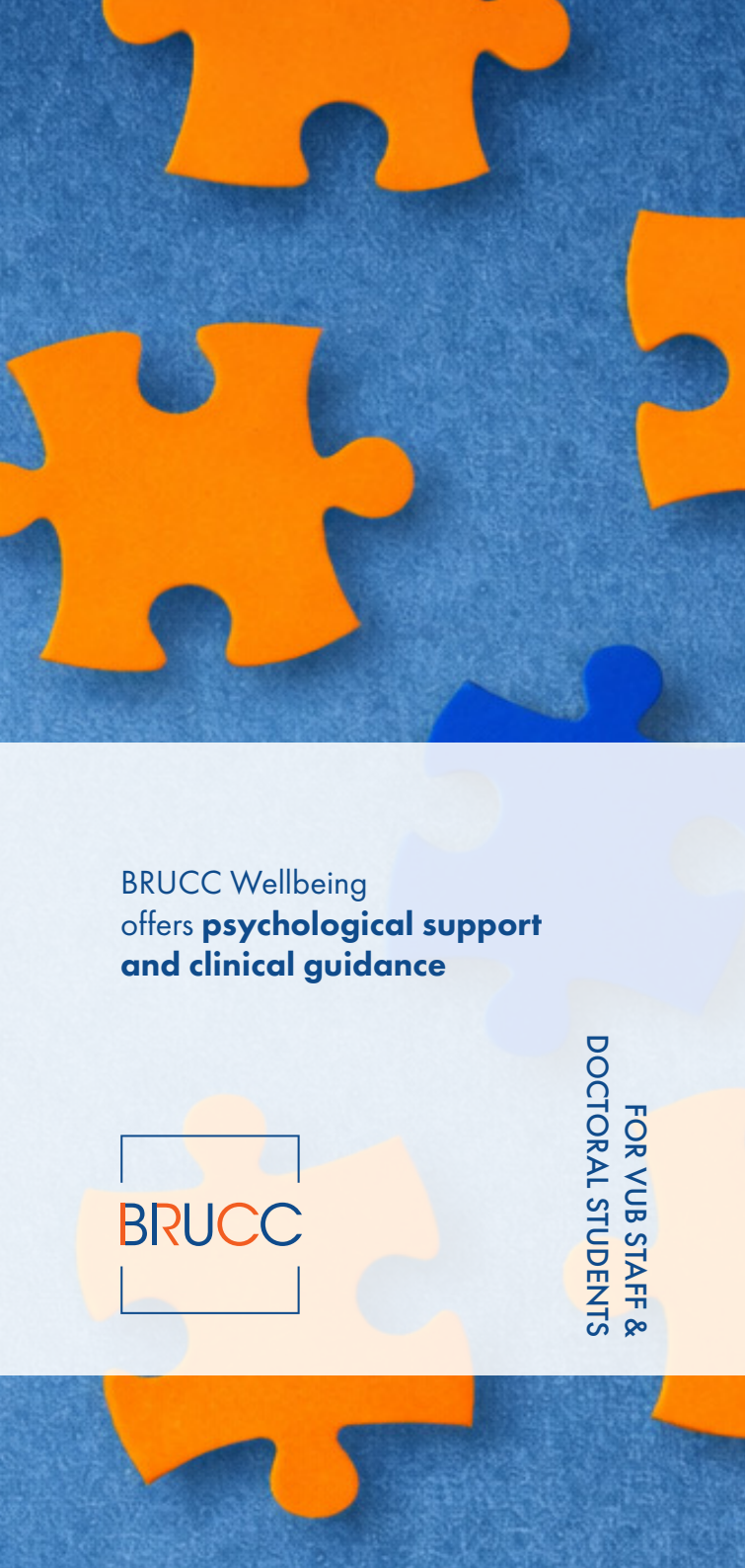




BRUCC Wellbeing
offers **psychological support
and clinical guidance**



FOR VUB STAFF &
DOCTORAL STUDENTS



BRUCC WELLBEING

BRUCC Wellbeing is an initiative of BRUCC specifically focused on the mental wellbeing of VUB staff.

BRUCC Wellbeing has two aims:

✓ **PREVENTION**

We offer a clear framework to maintain wellbeing and enhance resilience among VUB staff, with the aim of preventing psychological complaints and work absence.

✓ **INDIVIDUAL SUPPORT AND ADVICE**

We provide support to VUB employees experiencing psychological difficulties related to the workplace and deliver tailored recommendations to optimise wellbeing.

QUALITY AND CONFIDENTIALITY:
BRUCC Wellbeing engages accredited clinical psychologists and is fully bound by professional confidentiality, in accordance with the code of ethics for clinical psychology.





PREVENTION

BRUCC Wellbeing offers a preventive package focused on the mental wellbeing and resilience of **VUB staff**

LUNCH & LEARN

Short, accessible talks on wellbeing topics.
Enrich your knowledge while you enjoy lunch.

WORKSHOPS

Interactive small-group sessions on topics such as assertiveness, autonomy, and intrinsic motivation in teams.

GROUP TRAININGS

In-depth programs addressing themes such as perfectionism and leadership.

For more information
scan the QR code:



Are you a **(post)doctoral researcher**?
Make sure to check the group trainings
for this target group within the regular program.



INDIVIDUAL SESSIONS

Do you experience challenges or psychological complaints that affect your functioning at work?

At **BRUCC Wellbeing** you can access:

A **short-term, individual trajectory**. We support employees in their work situation and treat mild to moderate psychological complaints such as:

- increased workload and stress
- performance anxiety or professional doubts
- difficulties with attention and concentration
- problematic working relationship with a colleague or supervisor
- ...

An **advisory consultation** to support employees (including managers/ZAP) in work situations such as:

- concerns about a colleague
- uncertainty about how to initiate a (difficult) conversation with a colleague
- difficulties supervising a PhD student
- involvement in an internal conflict
- ...

REGISTRATION

Group trainings, workshops, and lectures:
register via the TeoLRN platform.

Individual consultations: schedule an
initial appointment via the QR code or email:
BRUCCwelzijn@vub.be



FEES

Group trainings, workshops, and lectures: **free**
Individual session: a small co payment applies

Please do not hesitate to contact
BRUCC Wellbeing. We are happy to explore
your needs and assist you!

CONTACT

BRUCCwelzijn@vub.be

Brussels University Consultation Center
Pleinlaan 9, 1050 Brussel
Verdieping 0

www.BRUCC.be
BRUCC@vub.be



BRUSSELS UNIVERSITY
CONSULTATION CENTER

