

MAY 2021

# MENTAL HEALTH AND HAPPINESS AT WORK



HERMAN BOS

There is a strong relation between mental health and happiness at work. Simply said: if you are happy at work, you are more likely to be mentally healthy and if you are unhappy at work, you will more likely be mentally unhealthy and in the end you can even get depressed.

I focus on happiness at work, because it is a very accessible and practical way to create awareness and to take action directly as an individual and as a team. It starts with creating indicators, followed by talking by what the indicators tell you and finish with taking action.

During the webinar, I will show you the indicators and how to take action. After the webinar you can apply them directly.

My name is Herman Bos, I am specialized in helping individuals, teams and organizations to become happier at work. I am looking forward to meeting and inspiring you.

MARCH 2021

# CELL AND CAREER DYNAMICS



**ANNA AKHMANOVA**

Anna Akhmanova is a world-leading scientist in the field of cell cytoskeleton. She was born in Moscow at the time of the Soviet Union and received her PhD in 1997 at the University of Nijmegen.

She started her own lab in 2001 at Erasmus Medical Center. In 2011, she became full professor and co-chair of the division of cell biology at Utrecht University. In 2013, together with Marileen Dogterom, Prof. Akhmanova, was jointly awarded an ERC Synergy Grant for her pioneering project "ModelCell." In 2018, Prof. Akhmanova received the prestigious Spinoza Prize in recognition of her career work.

As a role model to many women and girls in science, Anna Akhmanova will speak on how to acquire confidence in doing your work. She will share her views and her advice regarding the challenges encountered by women scientists.

MARCH 2021

# HOW TO BE A BETTER ALLY



LARA PLANDSOEN

During this webinar, we will discuss LGBT+ awareness. You will then learn exactly why there are so many letters, and what they all mean. You'll also know when to use which words, and, not importantly, which words NOT to use. Diversity and inclusion specifically, LGBT+ inclusion has become more and more of a prominent topic today. However, many people do not yet feel confident enough with all the different terms and concepts that belong to the topic of LGBT+ to have a good, respectful conversation about it with someone that identifies as LGBT+, at work, school or with family or friends. This is a great opportunity to learn more about this community and to become more inclusive!

We will also talk about the differences between concepts such as Gender Expression and Gender Identity, so you know when you can use these in a conversation or recognize them when others do. Although it might seem complicated at first, Lara will share some easy tricks that'll help you remember the meanings of these terms and when to use them.

OCTOBER 2021

# WORKPLACE REVOLUTIONS: HOW TO CREATE AN EQUAL, SAFE & HEALTHY WORK ENVIRONMENT FOR ALL



## LOTTE RENSEN

Eleanor Roosevelt, Aletta Jacobs, Steve Jobs, Megan Rapinoe, Barack Obama: you probably know them all by name. But do you know what they have in common? You are invited to participate in an inspiring time-travel to learn more about the rise of workers' rights, as well as the well-known (and lesser-known) feminist icons who have played a major role in various revolutions that took place. Together they have come a long way, but still the fight for equal pay, equal opportunity and a safe work environment still continues today. Are you open to discovering if there might be a future feminist icon hidden in you too? Would you like to learn how you can contribute to ensuring that all your colleagues have equal opportunities regardless of their gender, color or sexual orientation? And are you interested in practical tips to prevent you or your colleagues from becoming victims of workplace harassment? Then join this seminar!

This session is facilitated by Lotte Rensen. Lotte is an outspoken feminist and social activist, with years of experience working in the field of women's rights. She is the chairperson of AM Talent dat het Maakt, a Dutch foundation dedicated to creating a safe, healthy, and empowering work environment for women. Lotte also works as a Marketing, Communications and Fundraising Director at Atria, the institute for gender equality and women's history, and is on the Advisory Board of Corporate Queer.

DEI Committee presents

# DIVERSITY WEEK 2022

## 4 OKTOBER

10:00 - 15:30 - Sign language  
coffee bar - Tiffany's

13:30 - 14:30 - Trans people in  
health care/research - PBA

15:30 - 16:45 - Angela Maas -  
Diversity in health care  
-Experiences of a cardiologist -  
PBA

16:45 - 18:00 - Borrel -  
Bar Tiffany's

## 6 OKTOBER

10:00 - 11:15 - Daring Space - PBA

13:30 - 14:30 - Zoë Papaikonomou -  
How power works - PBA

Join the masterclasses and  
activities. More info on [myantonet](https://myantonet.nl).

*Angela Maas*



INTRODUCTION TO INTERCULTURAL  
COMMUNICATION  
PIET BORST AUDITORIUM (PBA)/ ONLINE  
FRIDAY JUNE 10 2022  
10:30 - 12:00

# INTRODUCTION TO INTERCULTURAL COMMUNICATION

By: Janneke Dubbelboer

In this interactive lecture, we will focus on the differences between cultures. Not on a “dos and don'ts” level, but on the level of basic values. One's basic values determine how one sees the world, and what one considers to be important in life.

Register: [www.myantonet.nki.nl](http://www.myantonet.nki.nl)

WITH  
**FREE  
SNACKS**