

# ISMA Netherlands

## INTERNATIONAL STRESS MANAGEMENT ASSOCIATION

We look back on two inspiring meetings in SUMMER 2024

### *All About Stress*



On June 18<sup>th</sup> Prof. Dr Erik Peper from San Francisco State University spoke on: *'Tech Stress: the negative impact of technology on our health and strategies to cope with them'* in the Conferentiecentrum Kaap, Doorn. He provided a practical perspective in a pleasant atmosphere in an interactive hybrid meeting, combining theoretical perspectives with practical exercises. Erik is co-author of *TechStress - How Technology is Hijacking our Lives, Strategies for Coping and Pragmatic Ergonomics* (Peper, Harvey& Faass, 2020).



In August, Dr Lara Solms presented the results of her PhD study on coaching with medical specialists in The Amershof, Amersfoort. Geeske te Gussinkloo, MA, board member of the Netherlands Order of Professional Coaches

(NOBCO), the Dutch branch of EMCC, started the discussion on the practical implications of Lara's findings. Lara is a post-doctoral researcher at Amsterdam University. She is a member of the Scientific Committee of NOBCO and received the NOBCO Quality Award 2023 for her contribution to the profession.

