

NEWTON University Group

Prague (CZ) | Brno (CZ) | Bratislava (SK)

2500+ current students

across undergraduate, graduate, postgraduate
and executive education programmes

A university ecosystem

Newton Business Accelerator

Newton Career Centre

NU Angel Fund



nc NEWTON
COLLEGE

Sting

nu NEWTON
UNIVERSITY

Practical

learning, experiences and skills,
preparing for the real world

Individual

approach, support and mentoring,
to unlock our students potential

Community

spirit and belonging,
fostering lifelong learning

Good Health
and Well-being



Quality
Education



Gender
Equality



Climate
Action



Partnerships
for the Goals



A group of four people are running on a dirt path through a forest. They are holding a large banner that spans across the middle of the frame. The banner has a blue-to-red gradient background. The text on the banner is in white and yellow. The people are wearing outdoor gear, including jackets and hoodies. The background shows tall, thin trees in a forest setting.





X-tream Management
na NEWTONu
manažerský výcvik

Top 10 skills of 2023



1.  Analytical thinking	6.  Technological literacy
2.  Creative thinking	7.  Dependability and attention to detail
3.  Resilience, flexibility and agility	8.  Empathy and active listening
4.  Motivation and self-awareness	9.  Leadership and social influence
5.  Curiosity and lifelong learning	10.  Quality control

Type of skill

 Cognitive skills  Self-efficacy  Management skills  Technology skills  Working with others



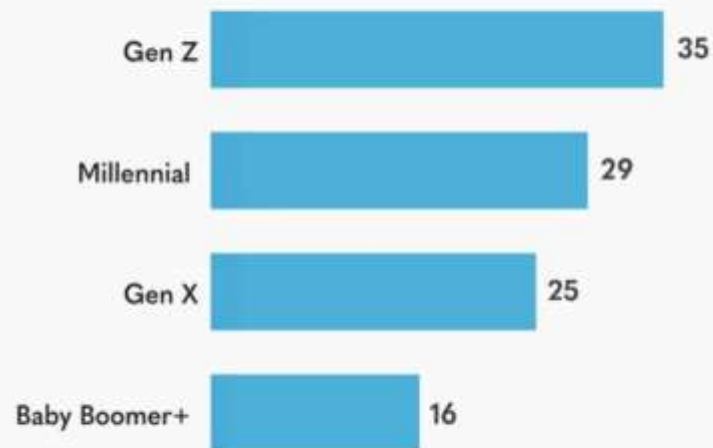
Source
World Economic Forum, Future of Jobs Report 2023.

Note
The skills judged to be of greatest importance to workers at the time of the survey

Gen Z and stress impact



Gen Z Is Experiencing More Stress than Any Other Generation



Frequency of Feeling Stressed/Anxious, "Most" and "All of the Time," by Generation, %, Average of 31 Countries, 2023

Source: GlobeScan Radar Trends Report (survey of 29,565 people in the general public in July - August 2023)



Gen Z adults and younger millennials are “completely overwhelmed” by stress

20- and 30-somethings in the United States are burdened by financial woes and isolation, APA's 2023 Stress in America report finds.

By [Anna Medaris](#) Date created: November 1, 2023 5 min read

Stress



Psychological resilience

Stress inoculation

Stress inoculation (Meichenbaum, 1985)

Stress training generalizes to novel settings (Driskell, Salas & Johnston, 1999)

Resilience training can improve well-being (Brassington & Lomas, 2020)

Psychological resilience: “the capacity to respond quickly and constructively to crises”

Resilience regime: “it is a long-term fitness plan, not a crash diet... You don’t need to experience a major trauma to practice”



Harvard Business Review | Crisis Management | How to Bounce Back from Adversity


Crisis Management

How to Bounce Back from Adversity

by Joshua D. Margolis and Paul Stoltz

From the Magazine (January–February 2010)

Post Post Share Save Buy Copies Print



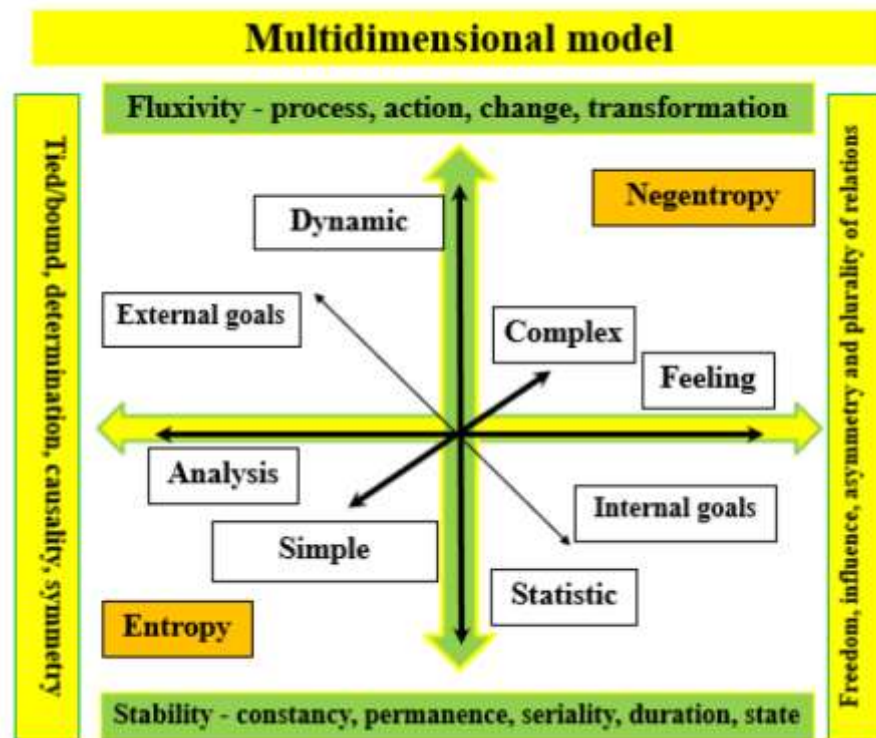
ABOVE Michel de Broin, *The Arch*, 2008; Ultra-high-performance concrete, stainless steel, 280 x 472 x 127 cm, Parc Jean-Drapeau, Collection of the City of Montreal

Things are humming along, and then: A top client calls and says, “We’re switching suppliers, starting next month. I’m afraid your company no longer figures into our plans.” Or three colleagues, all of whom joined the organization around the same time you did, are up for promotion—but you aren’t.

X-tream methodology



20 years of applied research at Newton



MUDIPLAT – KA210

Multidimensional diagnostic platform and methodology to support the development of natural potentials of an individual

<https://mudiplat.newton.university/en/>

The project was implemented in cooperation with [Newton University](#) and [Wyższa Szkoła Zarządzania „Edukacja” we Wrocławiu](#)



**Co-funded by
the European Union**

BIP



X-Tream Management

X-tream management is a unique training programme, built on extensive research into stress inoculation and connatural management, designed to dramatically improve your stress management in crisis situations.

- 1. Comprehensive Pre-diagnostic Testing**
- 2. Intensive Outdoor Training**
- 3. Managerial Profile Consultation and Development**

X-tream Management

X-tream management is an extraordinary training that will test your **stress management in extreme conditions**. It focuses on unleashing your potential and the ability to deal with moments of crisis. This will help you **take control of your business and yourself**.

X-tream management training



Format

- **On-line introduction**
- **Self assessment**
- **One day in Prague**
- **Four days outdoor - Lísek**
- **27 participants from 6 partner universities and 5 countries (PL, SK, LT, HR and SL)**
- **All survived**



Challenges – right shoes



Challenges – backpack for carrying a sleeping bag



Challenges



1st BIP – administrative challenges (Erasmus platform)

Late partners nominations

Communication

English level

Transport between locations

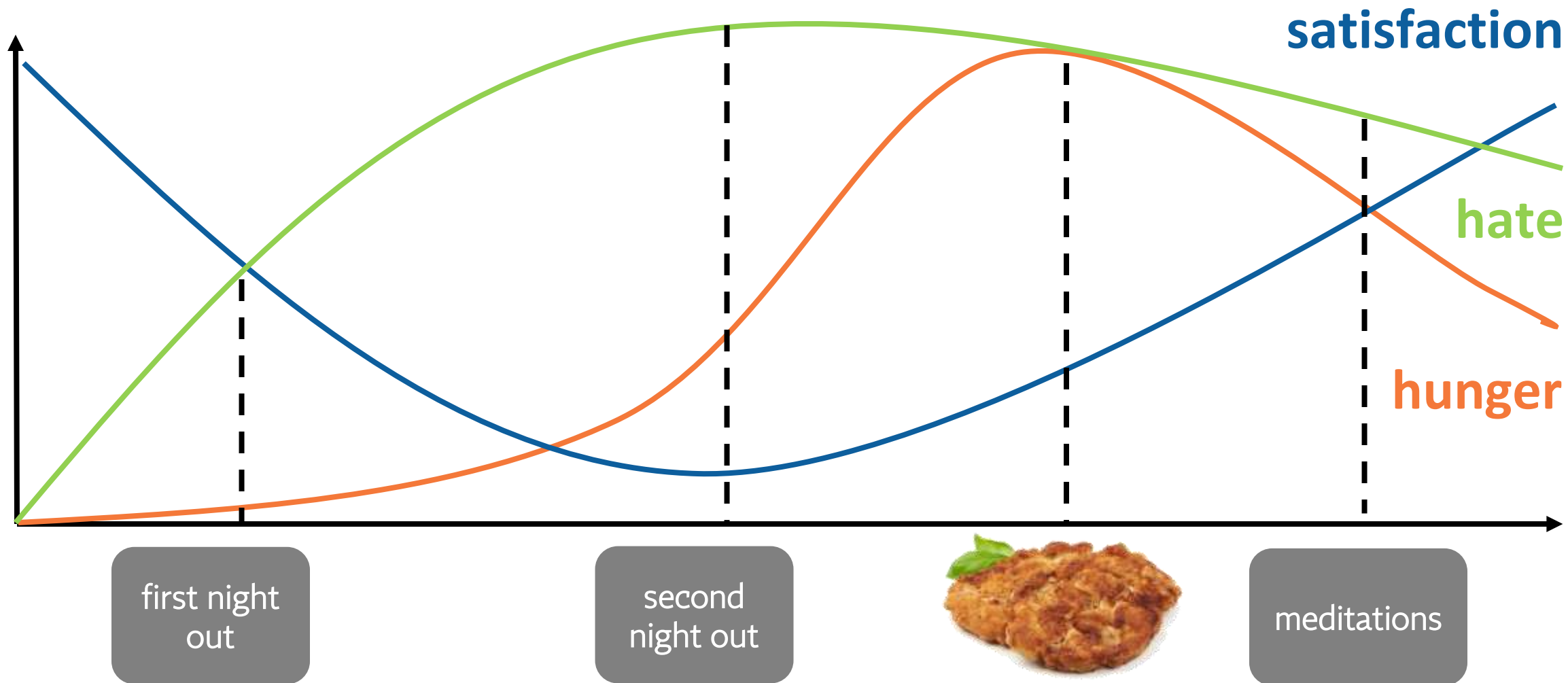
Real cultural differences

Different countries, different expectations

Motivation of participants (program free of charge)



Satisfaction curve



Lesson learned



Students do not read

**Students wants to
have more fun and
less serious program**

**Each nation had a
different approach**

**We have chosen the
most complicated
possible way of
organizing the BIP**

**We can do X-Tream
training in English**

Feedback from participants



I think my discipline was greatly improved.

Learning how to compartmentalize minor issues and discomfort.

I started using my phone less often, and in my opinion this is good

It would be fantastic to more food next time.

Now I know that I can walk about 55 kilometers in 24 hours

If given the chance, I'd definitely participate again.

Feedback from participants



It's a priceless experience for me. I got to know myself better, the training strengthened my self-confidence. I think I will describe my story in a separate letter. Because it is specific.

On the last day, before leaving for Prague, I found out that my mother committed suicide. As of this writing, it has been 2 weeks and I can say that these teachings have helped me tremendously and are still helping me through this tragedy.

X-Tream training - tested on humans



Thank you



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