

Trainer wanted!

BreakExpress

At the Cam-
pus Research
Airport

We are looking for you to join the TU Braunschweig's Corporate Health Promotion team as a trainer for the BreakExpress programme at the Campus Research Airport.

The 15-minute BreakExpress is a weekly short session offering an active break for staff at TU Braunschweig. The exercise sessions consist of a mix of mobility, strength and stretching exercises. The main focus is on mobilising, strengthening and loosening up the shoulder, neck and back areas.

Responsibilities:

You will lead BreakExpress on site for the small groups.

Times:

You are available on one or more weekdays, for example between 11.30 am and 2.00 pm, with one or more fixed appointments to be agreed.

Training venue:

In offices, seminar rooms, corridors or, alternatively, outdoors.

The BreakExpress is paid 8.50 € per 15-minute session.

If you're interested, please get in touch: bgf@tu-braunschweig.de



Technische
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