Unitar Online Catalogue

Pathways to Wellbeing: Faculty and Alumni Perspectives on Stress and Mental Health in Humanitarian Work

Peace

□□□□ : 8 Dec 2026

□□ :	Webinar
□□ :	Web-based
□□ :	8 □□□ 2026
□□ :	1 Hours
□□□□ :	Conflict Prevention, Mediation and Peacemaking, , Human Rights
□□ :	https://unitar.org/courses-learning-events/individual-learners/master-degree-re...
□□ :	US$0.00
□□□□□ email:	mahap@unitar.org
□□ :	Oxford Brookes University (454)

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Join UNITAR and Oxford Brookes University for an open webinar exploring wellbeing, resilience, and mental health in humanitarian and peacebuilding contexts.

Working in humanitarian and conflict-affected settings can be deeply meaningful and rewarding, but it can also expose professionals to high levels of stress, uncertainty, emotional pressure, and repeated exposure to crisis. Drawing on research, professional practice, and lived experience, this conversation will explore what helps individuals and teams sustain their wellbeing while working in complex environments.

The session also offers an opportunity to learn more about the **Humanitarian Action and Peacebuilding** programme portfolio, including the master's degree, Postgraduate Diploma, Postgraduate Certificate, specialised Short-Course Certifications, and Individual Modules, and to hear directly from faculty and alumni.

➡ 8 December 2026 | 4 p.m. CET | Online | Register to save your spot: https://unitar.zoom.us/webinar/register/1417937221681/WN_Pxo6_-X8T2iOjT1rIex09A

*This webinar is an informative session; no certificates of any kind will be issued for this webinar.

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Key Discussion Themes:

· Mental health and wellbeing in humanitarian work;
· Managing stress and preventing burnout;
· Supporting individual and team resilience;
· Lessons learned from humanitarian and peacebuilding practice;
· Learning opportunities in humanitarian action and peacebuilding through flexible academic and professional pathways.

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Whether you currently work in humanitarian action, peacebuilding, development, public health, or are considering entering the sector, this session offers practical insights and an opportunity to engage with faculty, alumni, and prospective learners.