

Bounce Back: Practical Tools to Boost Your Resilience

Objective

Writing a PhD is a demanding, complex and sometimes lonely activity. It requires not only intellectual, but also mental and emotional strength and flexibility. In other words: you need resilience.

People's resilience differs. Some people feel they can handle just about everything, while others may feel less secure from time to time. The good news is that you can learn to be more resilient. This workshop teaches you the skills to do just that.

Description

You learn:

- What is resilience
- What unhealthy pressure, stress and anxiety do with your mind and body, and how you can minimize the effects
- How to handle feelings such as anger, sadness, shame or fear
- How to discover and use your strengths and resources
- How to find and use opportunities in the midst of a crisis

After the workshop you will

- have a better understanding of yourself,
- know a large number of practical, hands-on and useful tools,
- have your personal recipe box, so you know exactly what you can do when things are getting strenuous or difficult.

Methodology

The workshop combines knowledge transfer with exercises, reflection and practical tools.

Day 1 will be held on Campus Westend.

Day 2 will be conducted online.

Trainer



Alexandra Gerny
Gerny Coaching &
Consulting, NL-Amsterdam

Alexandra Gerny is an experienced coach with a background in psychology and systems psychodynamics. She works with professionals in science, culture and law, helping them to fulfil their professional roles in a powerful balance. She wrote half a PhD, until she realised that her coaching and training skills are better (and more satisfying) than her academic skills. She works independently in Amsterdam/The Netherlands.

Organizational Information

Language / Format	English / On campus & online
Target group	Doctoral Candidates at all stages and Postdocs from all faculties
Date	Workshop on campus: Friday, 12 January 2024, 9:30 – 12:30 Online workshop: Friday, 26 January 2024, 9.30 – 12.30
Registration	For registration click here