

## Mind Matters – Resilience Training for Researchers

### Objective

This training is a 9-week online workshop series to help build personal resilience and increase mental wellbeing using evidence-based strategies and techniques.

### Description

Many researchers find the stress of academia challenging. After all, researchers tend to taste failure more often than success in their day-to-day experiments. Constantly thinking about your research (especially outside of working hours), the pressure to publish and the uncertainty about the next position are likely some of the factors that make researchers more prone to mental health conditions than other professional groups. The 2019 Wellcome Trust Mental Health Survey revealed that one in two researchers have had or are currently seeking professional help for mental health challenges. Therefore, it is crucial to equip researchers with the skills to build personal resilience to deal with stress and setbacks constructively. Different from what many people believe, resilience is a skill that anyone can learn. This workshop provides the tools and techniques that will teach you sustainable, resilience-building habits.

### Methodology

This 9-week online training will allow you to gradually build up a new skill set. You will not only learn about the techniques, but you will also receive continued guidance and feedback while implementing them. You will experience:

- Weekly 2-hour live workshops via Zoom video conference hosted by two experienced mental health facilitators, including interactive breakout sessions with your peers
- Self-study workbooks with evidence-based resilience boosting strategies with actionable feedback on weekly course assignments on a dedicated private community platform
- A private community that allows you to interact with peers and exchange additional resources
- On-demand resource area with workshop recordings, workbooks and additional resources
- Personal Resilience Indicator (PRI) diagnostic with a personalized report at the beginning and end of the training

### Conditions

This training is for you if you can attend all nine live workshops, are willing to explore what's driving your mental health with a curious and open mind, ready to work with the tools and techniques and willing to engage with the trainers and your peers on these topics. This training is not for you if you are just looking for information on resilience, cannot take the time to attend the workshops and implement the techniques, or are unwilling to discuss topics around mental health openly.

### Organizational Information

Language	English
Target group	Doctoral Candidates at all stages and Postdocs from all faculties
Date	Monday, 30 August - Friday, 29 October 2021 with weekly live workshops each Monday 16:00 – 18:00
Registration	<a href="#">For registration click here</a>

### Trainer



**Dr. Nadine Sinclair**

Mind Matters Ltd

Nadine is a trusted advisor to corporate and academic leaders and one of the Managing Directors of Mind Matters.

Before embarking on her entrepreneurial journey, she was a project manager with McKinsey & Company. A scientist by training and at heart, she conducted her doctoral research at the Max Planck Institute for Biophysical Chemistry.

In her work as a neuroleadership expert, she uses her scientific mind to bridge the gap between science and business practices using the latest insights from neuroscience and behavioural economics to create breakthroughs for her clients.