

Essential Self Care and High Performance Skills for Doctoral Candidates

Objective

After this online workshop, participants

- are aware of their resources and strengths which they can draw on when dealing with stress,
- know the fundamentals of how to work productively in order to achieve their goals while maintaining a healthy lifestyle, and
- understand how important the mindset, emotion management and the fitting habits are for working productively and know how they can implement them into working on their PhD project

Description

A doctorate is a marathon, not a sprint - which is why doctoral candidates need good self-care skills to manage their energy and keep their power reserves sufficiently recharged. On that basis, "high-performance" skills can be established to ensure that good quality is continuously maintained without the doctoral candidate burning out. Self-care is the prerequisite for being able to cope with the demands of everyday life as a doctoral candidate, which is often additionally characterized by a job and care work. In this context, the doctoral candidates need to take on responsibility for their psychological, physical, and social well-being.

The workshop offers the opportunity to reflect on what good self-care means for the individual and how doctoral candidates can organize their everyday life in such a way that they remain productive and enjoy their work and personal life.

Methodology

The online workshop is based on a systemic understanding of the challenges during a PhD. The following methods will be used:

- Individual reflection & group work
- Presentations
- Role play
- Creative methods (e.g. writing, drawing, visualisation)

Organizational Information

Language	English
Target group	Doctoral Candidates at all stages from all faculties
Date	Monday-Tuesday, 16-17 May 2022, 9:30 – 16:30
Registration	For registration click here

Trainer



Dr. Anna Maria Beck

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Promotionscoaching

- Systemic coach and trainer for PhD candidates since 2017
- Focus on empowering PhD candidates to overcome personal and systemic obstacles and design a life with PhD that they love
- Founder of a virtual co-working community for PhD candidates
- PhD in English Literature