

Mind Matters – Resilience Training for Researchers

Objective

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

Description

Many researchers find the stress of academia challenging. They tend to taste failure more often than success in their day-to-day experiments. Constantly thinking about research, 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 1 in 2 researchers have had or are currently seeking professional help for mental health challenges. Therefore, it is crucial to equip them with skills to build personal resilience to deal with stress and setbacks constructively. Resilience is a skill that anyone can learn. This workshop provides the tools and techniques that will teach you sustainable, resilience-building habits.

Format

- Weekly 2-hour live online workshops (**Mondays, 16:00-18:00 for 9 weeks - 19 Sep.-18 Nov. 2022**) 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
- Private community 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, are ready to roll up your sleeves to work with the tools and techniques and willing to engage/interact 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 and submit the weekly assignments in the private training community.

Time required:

- Approx. 3-4 hours each week (incl. attendance of the weekly workshops)
- 1 hour in the week before the course to complete the onboarding process.

Organizational Information

Language / Format	English / Online
Target group	Doctoral Candidates at all stages and Postdocs from all faculties
Date	Weekly, 19 September-18 November 2022. Online Workshops on Mondays, 16:00 – 18:00 (+ 1-2 hours self-study each week)
Registration	For registration click here

Trainers



Dr. Nadine Sinclair
Mind Matters Ltd

Dr. Nadine Sinclair is a Managing Directors at Mind Matters who conducted her doctoral research at the Max Planck Institute for Biophysical Chemistry.

In her work she draws on her experiences as a researcher and as a project manager with McKinsey to bridge the gap between science and business.



Paul Sinclair
Mind Matters Ltd

Paul Sinclair is a Managing Directors at Mind Matters. He has trained with Gabor Maté – a renowned expert on trauma and emotional stress.

Building on his past experiences as a top athlete, member of an elite military unit, recovering addict, and entrepreneur, he knows what it takes to change your brain.