Mental Clarity & Decision-Making in Academia

**Objective**

The objective of this online workshop is to learn the main factors influencing our decision-making and to gain useful, practical strategies to improve it. We will discuss both emotional and cognitive obstacles in our decision-making and ways to lessen their effects.

**Description**

How do we create the mental clarity to make big decisions when academia leaves us with so little time or energy?

Often, we are left trying to make big life changing decisions from a place of self-doubt, emotional reactiveness, and exhaustion. Fortunately, we can learn some tools and strategies to mitigate the pressure of decision-making and gain confidence with our decisions, big and small.

- We discuss the role our biases, thinking patterns, and behavioural choices play in how we evaluate situations and available options.
- We explore the forces that keep us from making decisions: the worries, the overload, the self-critical voice.
- We apply concrete strategies to improve our decision-making and compensate for some of the most common cognitive biases and thinking traps.

**Methodology**

Online workshop with mixed live sessions and self-paced learning modules. The workshop includes an in-depth workbook with content and self-guided work.