Mental Strength– Staying Sane in Academia

Objective
In this online course participants will learn about the various factors leading to mental and physical exhaustion and discover how to maintain their motivation and inspiration when workloads, personal strain and stress-levels are high or intended results are missing. Participants will be equipped with the skills required to create a well balanced, satisfying professional life and will be shown how to prevent their personal and professional circumstances from becoming overwhelming. Course participants will examine and develop self-regulation strategies which will ultimately strengthen their resilience.

Description
Fostering mental strength – preventing burn-out
• Causes and indicators for being trapped in a vicious circle of exhaustion
• Getting over procrastination and deadline stress
• Dealing with the impostor-syndrom
• Self calming – find some distance and space when intended results are missing
• Self motivating– getting in touch with one’s inner resources
• Framing setbacks in a healthy way

Maintaining a balanced, healthy life:
• Ways to take care of your body, mind, soul
• Develop a sense of coherence
• Act according to the six columns of emotional flexibility
• Design attractive options for your life path

Recommendations for academics

Methodology
Theoretical input will alternate with individual exercises, which will make it easy to transfer theory into practice. Individual strategies will be designed to apply the practices into the day to day life after the workshop in a light and easy way.

Conditions
Please note that your presence is required throughout the entire workshop.

Organizational Information

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<thead>
<tr>
<th>Language</th>
<th>English</th>
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<tbody>
<tr>
<td>Target group</td>
<td>Doctoral Candidates at all stages and Postdocs from all faculties</td>
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<tr>
<td>Date</td>
<td>Thursday-Friday, 8-9 July 2021, 09:00 – 17:00</td>
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<td>Registration</td>
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