

## 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

Language	English
Target group	Doctoral Candidates at all stages and Postdocs from all faculties
Date	Thursday-Friday, 8-9 July 2021, 09:00 – 17:00
Registration	<a href="#">For registration click here</a>

### Trainer



**Judith Bergner**  
skillfactors, München

- Works as a coach and consultant
- She holds a diploma in psychology and an executive master's degree in business engineering (Hochschule St. Gallen)
- 2000 she founded her own company
- She is experienced in leading change management projects and trained more than 3.000 leaders working in academia, the automotive industry or health care sector