

(HOME) TRAINING DAYS

Workshop „Stress-free and goal-oriented through the doctorate: Stress competence for doctoral researchers“

Date: Tue, 28 April 2026, 09:00–17:00 hours

Place: Campus Essen, WST, tba

Trainer: Valentina Vasilov

Target group: doctoral researchers from all disciplines, max. 12

Language: English

Content and approach

Doing a doctorate is a complex process that is rarely straightforward and can demand a lot of energy and resources from researchers. It involves meeting a wide range of demands, demonstrating personal responsibility and performance at different levels, and mastering the emotional highs and lows of this phase of life.

This workshop aims to raise awareness and build up instrumental and mental stress competence. Participants will learn different ways to better deal with stress. First, internal and external stress triggers that are typical for the doctoral phase will be highlighted. Then mental strategies that can activate one's own strengths and resources are put into focus. One's own thought patterns, inner attitude and motivation for the doctorate will be reflected upon with the aim of shaping this qualification phase in the best possible way.

The course covers the following topics:

- Mental health and self-efficacy
- The three levels of stress
- Transactional stress model
- Strategies for dealing with stress
- Outlook: From stress competence to resilience building

The course contains trainer input, exercises, small group work and group discussion.

Trainer

Valentina Vasilov is certified research integrity trainer, personcentered-integrative coach (DACB, GwG, RTC, DGSv), supervisor (GwG, DGSv) as well as trainer for research integrity, career development, communication and psychosocial health. She has many years of professional experience in doctoral training and has also worked in diversity management in an academic context. As a member of the GC Plus team, she offers counselling and coaching for early career researchers and designs programmes and training courses for the development of interdisciplinary skills.