



Online-Workshop | Mental Wellbeing for Doctoral Researchers

Date: 13 October 2026, 10:00–12:00 h

Place: online via Zoom

Trainer: Valentina Vasilov

Target group: International Doctoral Researchers at UDE

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 session aims to raise awareness about the importance of mental well-being during the doctorate. Internal and external stress triggers as well as warning signs of stress will be discussed. The participants will learn about the different pillars of stress competence and can assess to what extent they integrate basics of well-being in their lives, in order to prevent psychological crisis. The importance of asking for help when in crisis and ways to do so, including contact persons and resources, will also be highlighted.

Trainer

Valentina Vasilov is 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.