

(HOME) TRAINING DAYS

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

Date: Mon, 29.04.2024, 09:00–17:00 hours

Place: tba

Trainer: Valentina Vasilov

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

Language: English

Workshop description

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.

Contents

- 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

Trainer

Valentina Vasilov is certified research integrity trainer, personcentered-integrative coach (DACB, GwG, RTC) as well as facilitator in areas of career development and communication. She has many years of professional experience in doctoral education as well as working experience in diversity management in the academic field. As a member of the GC Plus Team she offers counselling to early career researchers and designs programmes and trainings for the development of transferable skills.