

Workshop programme for researchers in „F³G-Forschungsverbund“
FAU Erlangen-Nürnberg 2022



<u>Date</u>	<u>Workshop</u>	<u>Coach</u>	<u>Form</u>
Monday, 24 th January 2022 <u>until</u> Thursday, 27 th January 2022	Self-presentation and networking	Dr. Karin Bodewits	online
Thursday, 17 th February 2022 <u>and</u> Friday, 18 th February 2022 Additional Date: 25 th + 26 th April 2022	Date 1: Thesis Defense Training Date 2: Thesis Defense Training	Dr. Malte Engel Dr. Anja Berninger	online online
Friday, 25 th March 2022	Good Scientific Practice	Dr. Anne Hamker	online
Wednesday, 18 th May 2022	Making science visible	Dr. Susanne Frölich-Steffen	online
Thursday, 13 rd October 2022 <u>and</u> Friday, 14 th October 2022	Stress Management and Resilience	Dr. Isabel Werle	online
Tuesday, 25 th October 2022 <u>and</u> Wednesday, 26 th October 2022	Leadership in Academia	Dr. Neele Enke	online
Thursday, 17 th November 2022 <u>and</u> Friday, 18 th November 2022	Mastering Communication Challenges - Conducting Difficult Conversations	Dr. Silke Oehrlein-Karpi	online
Additional Workshop: Wednesday, 07 th December 2022	Understanding Gender	Dr. Susanne Frölich-Steffen	online

Stress Management and Resilience

PhD students and postdocs are regularly confronted with intellectual and temporal demands, struggle with a high volume of work, and often face uncertain future prospects. This frequently leads to feelings of frustration, exhaustion, or stress. In this workshop, participants will learn about practical stress management and gain knowledge on building (more) resilience. They will develop strategies for self-care, balance, and personal growth.

Content

- analyzing stressful situations, exploring stressors and stress signals
- identifying and handling individual drivers
- developing resource-based coping strategies
- practicing and implementing relaxation and mindfulness exercises
- learning about resilience and positive psychology
- setting healthy boundaries and prioritizing self-care

Coach

Dr. Isabel Werle earned her Master's Degree in the Humanities at the University of Tübingen and graduated with a PhD at the Technical University of Darmstadt. She worked in Public Relations for several years before she returned to university as a Research Associate in the area of Media and Communication, where she was primarily involved in research and teaching as well as in the development of various e-learning projects. Currently, she is mainly working as a trainer and coach in the field of Education, focusing on communication, conflict management, team development and leadership.

When and Where

- Online-Workshop
- Thursday, 13rd October 2022 **and** Friday, 14th October 2022, every day from 9 a.m. to 12 a.m.

Further information

Participant limit: 10

Course language: English