

EmpowerMINT Fachbereich 6

Funded by the Female Promotion Pool and by the „Professorinnen-Programm III“

Steady as You Go! Navigating Challenges and Building Resilience in Communication

...for female PhDs and
Postdocs in the FB6

Where: Osnabrück University

When: 28.& 29.11.2023

On 28th:

joint dinner

2-day workshop

targeting Doctoral candidates and Postdocs who seek skills and tools to **deal with challenging situations in academia** and to develop **awareness techniques** for **improved communication** in various contexts. We will work on:

- ✓ using mindfulness techniques to help achieve goals
- ✓ managing challenging situations
- ✓ developing self-awareness and self-confidence
- ✓ clarifying misconceptions and “faulty-thinking” patterns
- ✓ awareness of body-mind connections
- ✓ using language “tools” for framing and focusing

We are looking forward to having you there!

Registration until November 10th at:

<http://fb6.uos.de/empowerMINT>

The participation is free of charge!

Max. 12 participants – first come first serves.

Sign up for our mailing list
for further
information
and future
events:

