



Thursday, 16 May 2024, 13:00-16:30

Monday, 1 July 2024, 13:00-16:30

Katharina Bögl/ Dr. Sandra Naumann

How to boost your well-being in academia. A series of two workshops*

Workshop 1: Your strength and vision in academia. Identifying values and goals for academic work (16 May)

In this first part of our workshop series, we focus on the individual potential and visions of early career researchers. Every early career researcher brings a great set of strengths to build upon during their work in academia - sometimes they just need to be reminded. In addition, knowing your own support system is crucial especially when working in the academic setting in which institutional support is sometimes lacking or stigmatized. Within the workshop, we thus highlight strengths and opportunities, focusing on:

- Identifying own values, goals, and vision for the academic work
- Recognizing personal strengths, weaknesses, and resources
- Create awareness of own social support network in case of crisis

Workshop 2: Your growth mindset in academia. Impostor syndrome and how to deal with it (1 July)

Within the competitive academic system early career researchers often suffer from dysfunctional thoughts and habits which ultimately impact their mental health negatively. Within the second part of the workshop, we want to unravel these thoughts and build helpful habits to overcome these challenges while maintaining a strong mindset. The workshop will cover the following topics:

- Negative core beliefs and how to overcome them
- Understanding the difference between a fixed and growth mindset
- Defining impostor syndrome, getting to know the own impostor and how to deal with it

Applied methods:

Within the workshop, different methods are used to keep it interactive, lightweight, and fun for the participants. Our workshops contain easy-to-implement exercises which participants can use outside of the workshop for their daily life as an early career researcher (e.g. breathing exercises, visualization of personal support network).

Target group: Female PhD students and postdocs (max. 12 participants)

Venue: Humboldt-Kabinett, Rudower Chaussee 25, 12489 Berlin, 1st floor



Katharina Bögl is pursuing her doctorate in an interdisciplinary research training group in Berlin is a psychotherapist in training. In 2019, she co-founded Scholar Minds, an initiative dedicated to ensure the mental health of Berlin's early career researchers. As part of the female founder program "Marga Faulstich" at the Humboldt-Universität zu Berlin, she also co-founded reMINDset in 2021 with her colleague and friend Sandra Naumann.

Dr. Sandra Naumann currently works, after her PhD in Psychology at HU Berlin, as a guest lecturer and as child and youth psychotherapist in training. As part of the female founder program "Marga Faulstich" at the Humboldt-Universität zu Berlin, she also co-founded reMINDset in 2021 with her colleague and friend Katharina Bögl.

*N.B. We recommend taking part in both workshops, but feel free to book them individually if necessary.

Please [register](#) by 12 May.