

Thursday, 4 November 2021, 1-2.30 pm

### **Remote workshop**

Mary Jane Roy

**A Springboard to Building Personal Resiliency:** Empowering the individual to thrive!

The objectives of this workshop are to provide you with the knowledge, strategies and especially the tools, which you can use to sustain yourselves during stressful situations. This will be a highly interactive and self-reflective session. Topics will include but not be excluded to: Neuroplasticity, Negativity Bias of the Brain, (Growth) Mindset, Effects of Physical and Social Distancing (Circle of Influence), Self-care, Variables of Resiliency, Costs of Stress and How to De-stress your (Di)stress.

With this, you will understand the importance of addressing stressful situations, before they get 'out of hand'. You will also start prioritizing your own well-being.

### **About the trainer**

Mary Jane is a Canadian and Dutch citizen, living in the Netherlands since 1993. During the span of her career, she went from Military Nursing Officer (rank Lieutenant) to becoming an expert in the areas of resiliency and stress hardiness. Mary Jane has spent the past 10+ years consulting to organizations such as Deloitte, LeasePlan, PwC, Bynder, Arcadis, Erasmus University and SportCity. As well, she has been speaking, facilitating and engaging training participants, in the world of thriving people and (work)spaces. Next to her R.N. background, Mary Jane has certification as a: Stress Counsellor, NLP Master Practitioner, Resiliency Coach, Happiness@Work (not an oxymoron!) coach, Foundations of Positive Psychology (Univ. Of Pennsylvania), Sleep Coach, and the Science of Well-Being (Yale University). She has presented and entertained groups from small to large (800 +) both in person and online.

[www.creatingwaves.nl](http://www.creatingwaves.nl)

The event is aimed at PhD students and postdoctoral researchers, max. 25 participants

**Registration deadline: 21 October:** [petra.metz@hu-berlin.de](mailto:petra.metz@hu-berlin.de)

Zoom link shared after registration