



15 October 2020, 1-2pm

Empowerment Through Emotional Intelligence

Webinar with Cathy Sorbara

Managing our emotions in positive ways can help to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict. Together, this is emotional intelligence. We will take a deep dive into what emotional intelligence is, develop strategies to build new emotion patterns and look at real-world scenarios where you can use emotional intelligence to increase your sense of empowerment in your studies and work. Can you think of situations where you wished you managed your emotions better? Bring your stories and let's work through them using emotional intelligence tools.

Dr. Cathy Sorbara is a neuroscientist who worked for 10 years as a researcher in academia in Canada and Germany, studying neurodegenerative diseases. But when she moved to England, Cathy decided to explore a different path. She became Chief Operations Officer of a start-up company called Cheeky Scientist, a global professional network that helps PhDs see their value and find meaningful work.

The event is aimed at PhD students and postdoctoral researchers, max. 30 participants.

Please register by mail until 10 Oct.: petra.metz@hu-berlin.de

Zoom link shared after registration