



Monday, 22 July 2024, 13:00-16:30

Dr. Sandra Naumann

Impostor syndrome and how to deal with it. How to boost your well-being in academia

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: SALSA, Albert-Einstein-Str.9, 12489 Berlin, 1st floor

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.

Please register by 19 July: petra.metz@hu-berlin.de