

Thursday, 5 November 2020, 9.30am – 1.30pm

Friday, 13 November 2020, 1-5pm

Remote workshop

Dr. Sabine Blackmore

Developing a Growth Mindset - How Our Thoughts Help Us to Succeed

Our self-communication and mindset belong to the most important factors for success. Beliefs like “I can’t write this thesis, I’m not good enough” or “I will never reach a professorship, I’m simply not smart/confident enough” block the necessary energy to believe in ourselves and often point to a fixed mindset, which prevents us from accepting and even looking forward to challenges and growth. A fixed mindset might (re)confirm our beliefs about ourselves, a growth mindset, however, might challenge our beliefs and, thus, gives us the opportunity to let go of unhelpful and unproductive ideas of who we are, how well we work and of what we think we can achieve.

This workshop builds on the ideas and techniques of positive psychology and deepens your knowledge and competences to regulate and coach your emotions and beliefs about yourself as well as your research work.

Aspects of the workshop:

- What is “mindset”?
- Fixed vs. growth mindset
- The power of mindset in challenging times
- Open yourself to growth

Target group: female PhD students and postdocs

Maximum number of participants: 12

About the trainer

Dr. Sabine Blackmore who holds a doctorate in English Literature is an experienced academic as well as a former gender equality officer. As a coach, she focuses on young and established academics as well as university employees and teams (especially in gender equality). The topics of her trainings and workshops range from career trainings, gender equality workshops (e.g. working with resistances), to topics about personal development. (<https://blackmore-coaching.de>)

Registration deadline: 22 October 2020: petra.metz@hu-berlin.de

Zoom link shared after registration