

Thursday, 5 December 2019, 9 a.m. – 5 p.m.

Dr. Sabine Blackmore

How to keep going through tough times.

Finding your „grit“ and keeping it.

Especially during the long periods of qualification (e.g. PhD, 2nd Book) to an academic post, there are re-occurring moments or prolonging phases in which doubts and insecurities about one's project, career choice or person are clearly palpable. These periods can not only delay the progress of the project – up to the point at which one's ready to temporarily give up – but also require a lot of strength and discipline in order to resume any kind of working rhythm.

However, these crises are important constituents of the project's process as they offer both the chance to reflect upon the project as well as on one's own personality. Thus, it is vital to find a constructive way of dealing with these periods of time in order to be conscious of one's strengths and resources – and, ultimately, to activate your "grit".

This workshop focuses on the question of how to deal with times of crises and strengthens the participants on their personal resources to overcome these times.

Content:

- How to deal with difficult times
 - Professional and personal strengths & resources
 - Mapping your strengths
- "Grit": Resilience through enthusiasm
 - Basics of Positive Psychology
 - Extended mapping
- Forming of winning teams

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>)

Venue: Joh. v. Neumann-Haus, Humboldt-Kabinett, Rudower Chaussee 25, 12489 Berlin

Target group: female PhD students and postdocs

Maximum number of participants: 12

Registration deadline: 30 November 2019: petra.metz@hu-berlin.de