

# Strong and positive during the doctorate

## What is special about the seminar?

- **Target group:** Doctoral students in all subjects, max. 12 participants
- **Structure:** 5 sessions, 4 hours each (weekly)
- **Material:** 120-page workbook
- **Modules:**
  - Session 1 | Stress and its effects
  - Session 2 | Protect yourself from stress
  - Session 3 | It's all in the mind
  - Session 4 | Manage stress successfully
  - Session 5 | My doctoral journey



# Stay calm during your doctorate!

## Structure of the seminar

### 1. Stress & its effects

- understanding stress
- personal stressors
- stress model
- resources

### 2. Protect yourself from stress

- communicate with confidence
- set limits
- accept support
- address conflicts confidently
- values & goals

### 3. It's all in the mind

- goals for the training
- stress as a result of how we assess it
- stress-intensifying thoughts
- "defusing strategies"
- inner drivers & positive affirmations

relaxation and physical exercise

### 4. Manage stress successfully

- time management and self-organisation
- my time thieves
- set priorities
- personal performance curve and balance of energy/energy levels

### 5. My doctoral journey

- self-motivation
- How do I boost my motivation?
- strong and positive during the doctorate
- balance & enjoyment

relaxation and physical exercise