

Workshop for female PhD students and postdocs

“Evolving the Skill of Resilience – Strengthen your own Abilities to deal with Situations of Pressure and Stress“

Date: August 31, 2017; 9 am - 5 pm, room 2/3, MPI Age, ground floor

Trainer: Brigitte Klein – Sprachkultur

Initial Situation

PhD students and postdocs find themselves in a scientific environment where processes become faster and faster, intervals of changes are getting shorter and information is required and available much quicker. On the other hand it takes a few years of scientific work until the own doctorate can be finalized – in this situation patience and endurance play an important role.

Objective of the Seminar

The participants reflect how they personally handle their individual stress triggers. They find out what brings them out of balance. Furthermore, it is about reflecting, expanding and training the personal strategies which are already being applied in daily life – often unconsciously. This leads to a strengthening of the own power of resistance – resilience. It is possible to dive into relevant situations of the participants in their different roles. By doing so, they can try out and reflect new adequate behavioral strategies in order to integrate those in a suitable way.

They get the opportunity to analyze personal stress factors und to carve out previous ways to deal with those. Based on that, participants can develop adjusted strategies for their self-management. This allows to utilize the personal factors of resilience for oneself, but also to make them applicable for teams or in leading roles in order to cope with situations of pressure even better.

Contents *focus topics will be tailored according to the participants' requirements*

- Key factors of resilience
- Analysis of personal stress situations – discovering and challenging personal strategies
- Specify tensions and use them in a constructive way – finding balance by active enlargement of competencies
- Tension of values – specify them – balance them out – be resilient
- Realize main pillars of the individual and organizational power of resistance and strengthen them
- Become aware of personal strengthening factors and apply them
- Clarify own resilience resources – develop new coping strategies
- “Carrying capacity“ – personally and in the team – reflect and strengthen
- Pressure of employees for participants in leadership roles – recognize, address and strengthen resilience resources
- Develop specific steps to handle daily pressure

Methods

Interactive presentation and input with practical transfer of the content, discussion, presentation, reflection, consideration of concrete situations from the participants everyday life, practical exercises, feedback, transfer into everyday life