

Elementary
Advanced
Postdocs



Trainers



Desiree Dickerson, PhD

As a former postdoctoral researcher in the neurosciences and a clinical psychologist, Desiree has worked at both ends of the spectrum - from (lab) bench to bedside. After working in research in New Zealand, Australia, and Austria, she now lives in Spain and helps academic institutions worldwide and academics themselves pursue a healthier approach to research

www.desireedickerson.com



Vicent Botella-Soler, PhD

Vicent has been a PhD candidate (physics), a postdoc (neuroscience), a machine learning consultant for startups, a R&D manager for a tech company. With extensive international experience in both academia and industry, he now works as a freelance consultant and author, helping academics and industry professionals snap out of cognitive traps and long-held beliefs hindering their development.

He specializes in critical thinking and decision-making for individuals and teams.

www.vicentbotellasoler.com

Mental Clarity & Decision-Making in Academia

Objective

The objective of this online workshop is to learn the main factors influencing our decision-making and to gain useful, practical strategies to improve it. We will discuss both emotional and cognitive obstacles in our decision-making and ways to lessen their effects.

Description

How do we create the mental clarity to make big decisions when academia leaves us with so little time or energy?

Often, we are left trying to make big life changing decisions from a place of self-doubt, emotional reactivity, and exhaustion. Fortunately, we can learn some tools and strategies to mitigate the pressure of decision-making and gain confidence with our decisions, big and small.

- We discuss the role our biases, thinking patterns, and behavioural choices play in how we evaluate situations and available options.
- We explore the forces that keep us from making decisions: the worries, the overload, the self-critical voice.
- We apply concrete strategies to improve our decision-making and compensate for some of the most common cognitive biases and thinking traps.

Methodology

Online workshop with mixed live sessions and self-paced learning modules. The workshop includes an in-depth workbook with content and self-guided work.



Organizational Information

Language / Format	English / Online
Target group	Doctoral Candidates at all stages and Postdocs from all faculties
Date	Monday-Tuesday, 12-13 June 2023, 9:30 – 12:30
Registration	For registration click here