Mind Matters – Resilience Training for Researchers

**Objective**

This training is a 9-week online workshop series to help you build personal resilience and increase mental wellbeing using evidence-based strategies and techniques.

**Description**

Many researchers find the stress of academia challenging. They tend to taste failure more often than success in their day-to-day experiments. Constantly thinking about research, the pressure to publish and the uncertainty about the next position are likely some of the factors that make researchers more prone to mental health conditions than other professional groups. The 2019 Wellcome Trust Mental Health Survey revealed that 1 in 2 researchers have had or are currently seeking professional help for mental health challenges. Therefore, it is crucial to equip them with skills to build personal resilience to deal with stress and setbacks constructively. Resilience is a skill that anyone can learn. This workshop provides the tools and techniques that will teach you sustainable, resilience-building habits.

**Format:**

- Weekly 2-hour live online workshops (Mondays, 16:00 – 18:00 for 9 weeks: 18 September - 17 November 2023) hosted by two experienced mental health facilitators, including interactive breakout sessions
- Self-study workbooks with evidence-based resilience-boosting strategies with actionable feedback on weekly course assignments on a dedicated private community platform
- Private community to interact with peers and exchange additional resources
- On-demand area with recordings, workbooks and additional resources
- Personal Resilience Indicator (PRI) diagnostic with a personalized report at the beginning and end of the training

**Conditions**

This training is for you if you can attend all nine live workshops, are willing to explore what's driving your mental health with a curious and open mind, are ready to roll up your sleeves to work with the tools and techniques and are willing to engage/interact with the trainers and your peers on these topics during the workshops and in the private social community for the course.

This training is not for you if you are just looking for information on resilience, cannot take the time to attend the workshops and implement the techniques, or are unwilling to discuss topics around mental health openly and submit the weekly assignments in the private training community.

**Time required:**

Approx. 3-4 hours/week (incl. mandatory attendance of the weekly workshops)

**Organizational Information**

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<thead>
<tr>
<th>Language / Format</th>
<th>English / Online</th>
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<tbody>
<tr>
<td>Target group</td>
<td>Doctoral Candidates at all stages and Postdocs from all faculties</td>
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<tr>
<td>Date</td>
<td>Weekly workshops on Mondays, from 18 September-17 November 2023, 16:00 – 18:00 + 1-2 hours self-study each week</td>
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<td>Registration</td>
<td>For registration click here</td>
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