

Elementary  
Advanced  
Postdocs



Trainer



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Draheim Dialog,  
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- Highly experienced trainer of intercultural communication and conflict resolution as well as mediator, coach and psychotherapist (Non-Medical Practitioners Act), with a focus on health, personal development and development of intercultural competencies
- Lecturer at the European University Viadrina, Frankfurt (Oder)
- Teaches at over 15 universities and universities of applied sciences in Germany, Georgia, Turkey, Brazil, Bulgaria and Ukraine

<https://www.draheim-dialog.de/>

# MIND Your Health: Mental Health Workshop for International Researchers

## Objective

- To maintain good mental health and resilience
- To cope with loneliness, anxiety, stress, culture shock
- To develop strategies for this period of uncertainty

## Description

Mental health refers to well-being on the cognitive, behavioral, and emotional level. It is about how we think, feel, and behave and can affect our daily living, relationships, and even our physical health.

Looking after mental health can preserve a person's ability to enjoy life and perform up to their full potential. This involves reaching a balance between life activities, responsibilities, and efforts to achieve psychological resilience.

This online workshop helps you get together, understand, and deal with various challenges which you might encounter during your research stays in Germany. We will focus on developing strategies of how to maintain good mental health and resilience during this period of uncertainty as well as the struggles of loneliness, anxiety, and stress.

## Methodology

- Presentations
- Plenary evaluations
- Trainer input
- Exercises
- Reflection and discussions

## Target group

Early career researchers with an international background

## Organizational Information

Language / Format	English / Online
Target group	Doctoral Candidates at all stages and Postdocs from all faculties
Date	Monday-Tuesday, 8-9 January 2024, 14:00 – 17:30
Registration	<a href="#">For registration click here</a>