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I'm Hanna - certified coach with a background in molecular biomedicine. As someone who's walked the research path - from the excitement of starting a PhD to the burnout that made me rethink everything - I know what it's like to feel stuck, exhausted, and unsure what comes next. Today, I design and facilitate workshops for PhD candidates and postdocs on mental well-being, resilience and self-management. I work with universities and research institutes across Germany, in English and German, online and in person.

From Understanding Needs to Setting Healthy Boundaries

Objective

Navigating the emotional ups and downs of your academic journey can be challenging, especially when it comes to managing your own or your supervisor's expectations, saying no, or protecting your time and energy. This workshop is here to help.

Your benefits:

- Understand the connection between emotions and needs
- Reflect on your personal needs during your PhD journey
- Learn how to set healthy boundaries by using empathic communication

Description

Setting and maintaining healthy boundaries is a vital part of protecting your mental health during demanding research processes. By tuning into your emotional signals, you can build resilience, reduce the risk of burnout, and create space for balance and well-being.

Through self-reflection and interactive group discussions, you'll learn:

- Why acknowledging emotions matters
- What your feelings reveal about your needs
- How to identify your personal needs and boundaries
- Tools for setting boundaries through empathic communication

Methodology

- Evidence-based input relevant to young researchers
- Applicable tools for everyday research
- Interactive exercises in small groups
- Exercises for self-reflection
- Moderated group discussions and exchanges
- A handout will be provided to participants after the workshop

Organizational Information

Language / Format	English / On campus
Target group	Doctoral Candidates at all stages and Postdocs (R2/R3) from all faculties
Date	Tuesday, 2 February 2027, 13:30 – 17:30
Registration	For registration click here