

Elementary - R1

Advanced - R1

Postdocs - R2

Senior Postdocs - R3



Trainer



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Dickerson et al.

Vicent was a PhD student (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.

Supporting Neurodivergence in Academia

Objective

Neurodivergence is a term that encompasses various neurological differences, such as ADHD, autism, or giftedness.

In this 90 minutes workshop, you will

- learn to recognize what neurodivergence is and the range of neurological differences it encompasses,
- get to know how these differences can shape daily academic experiences,
- learn to identify the coping mechanisms neurodivergent individuals commonly develop and how high-pressure academic environments can push these strategies to their limits, affecting well-being and performance.

Description

Being away from the norm can fuel a constant feeling of difference and inadequacy. If we don't even know what makes us different, we might feel confused, worried, or sad, because we can't explain our daily experiences.

Neurodivergent individuals find or develop coping mechanisms to deal with the daily challenges they face, often masking their true thoughts and feelings. However, stressful situations can push our coping mechanisms to the limit.

In this webinar, we discuss neurodivergence, the challenges of neurodiversity and the importance of self-knowledge and acceptance for well-being.

Organizational Information

Language / Format	English / Online
Target group	Doctoral Candidates at all stages and Postdocs (R2/R3) from all faculties
Date	Thursday, 10 December 2026, 9:00 – 10:30
Registration	For registration click here

