December 02-03, 2021

Resilience-training for female scientists. How to transform a crisis into a challenge.

Organizer
Gender Equality Office

Seminar talk
English

Target group
Doctoral students and postdoctoral researchers

Objectives/content
Resilience is the ability to keep on going no matter what setback or struggle comes into your way. Highly resilient people are able to rebound successfully during challenging circumstances and are always open to new learnings and new opportunities. Strengthening your resilience muscle is a skill that can lead to more self-confidence, less stress and more effective work management in the academic context.

In this workshop we will focus on how resilience can be learned and how it can be used for your personal growth and academic success and solutions. The key will be a training in mindfulness, based on awareness in language and in motion. After a lot of practice, movement and experimenting we might be able to look forward to our next crisis and handle our conflicts with generosity and grace.

Content:
- Resilience factors and resilience profile
- Serenity is the key! Managing your resources - Awareness in motion: Meditation & Taoist movements
- Empower yourself! Positive self-perception: perspective & language
- Conflicts and crises: Open-minded communication skills
- The bamboo principle: Going with the flow - How mindfulness influences your daily working life

Participants
Max. 12

Date and time
Thursday, December 02, 2021, 10:00 am – around 5:00 pm
Friday, December 03, 2021, 9:00 am – around 4:00 pm

Format
Online workshop with ZOOM or in presence

Instructor
Dr. Saskia Schottelius, Bonn

Registration deadline
November 12, 2021

Registration procedure
Via email to sekretariat@zgb.uni-bonn.de

Costs
The Gender Equality Office will pay the cost.

Contact person for questions
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