

Find your PhD-Flow

Working Healthy in Demanding Situations

Working on a PhD is challenging — and at times genuinely tough. From research and writing to teaching and a range of side projects, there is simply a great deal to manage and organise. On top of that come difficult feedback situations, demanding supervisory dynamics, and the ever-present pressure of deadlines. Constant task-switching and digital distractions make it hard to find the focused productive time that actually moves your project forward.

In this workshop, we address these challenges to help you develop a workflow that is healthy, motivating, and effective. The main goal: enable you to create your own productive and sustainable way of working on your PhD.

In the first session, you will explore key concepts of energy management, prioritization, organization, and distraction-free focused work — adapting them for practice between the two workshops. The second session reflects on those experiences, looking closely at your individual needs and the specific situations you face in your day-to-day PhD work.

Sign up by writing to j.buechele@unibas.ch

Date/Time: Thursday, 12 November, 14:18:00 & Thursday 26 November 14:00-18:00

Venue: University of Basel (tbc)

Lecturer: Dr. Daniel Kunzelmann