

## Workshop: **Managing energy and emotions in your PhD** – for more productivity & less stress

### **Why are emotions relevant for a successful Ph.D. thesis?**

In this workshop, participants will be guided along a stress model that creates awareness for the potential stumbling blocks that come with undetected emotions: Procrastination, imposter syndrome or other self-sabotaging behaviors.

In a three-step-process, participants come to identify their individual stressors, explore their emotional response and their physiological reaction to them, and understand the connection with unhelpful behaviors. They will then be provided with tools to transform their stressors, manage unhelpful emotions and calm the physiological reaction, so that self-sabotaging behaviors become obsolete.

This more conscious emotional management will greatly increase productivity and overall wellbeing and thus leads to better results with their Ph.D. thesis.

### **Day 1**

9.00 – 10.30	<b>Introduction</b>
10.30 – 11.00	(guided) break
11.00 – 12.30	<b>Daniel – Stressors</b> Collecting material
12.30 – 13.30	Lunch break
13.30. – 15.00	<b>Christine – Emotions</b> What are emotions, why are undiscovered/suppressed emotions potential stumbling blocks for PhD thesis, , how do I recognize and manage those emotions?
15.00 – 15.30	(guided) break
15.30 – 17.00	<b>Daniel – Emotions</b> Identify problems that influence your work...adjust emotional spheres, name problems, visualize, and reflect

### **Day 2**

9.00 – 10.30	<b>Christine – Emotionen</b> concrete stumbling blocks with concrete emotions (Imposter syndrome, procrastination, etc.)
10.30 – 11.00	(guided) break
11.00 – 12.30	<b>Daniel – Reaktionen/Energie</b> What are reactions and what do they have to do with your work, productivity, and time management
12.30 – 13.30	Lunch break
13.30 – 15.00	<b>Christine – Reactions/Energy</b> Self-regulation through mindfulness/breath – practical part
15.00– 15.30	(guided) break
15.30 – 17.00	<b>End session</b>

### **Day 3**

Integration of the contact through Peer-to-Peer Coaching or individual meetings, depending on the needs/wishes of participants.