



Work-Life Balance

How to recognize signs of Burn-out and how to prevent this from happening to you

Do you sometimes feel like you are on the verge of a break-down? Are you having trouble concentrating and do you have 'To-Do-Lists' everywhere, because you are getting more forgetful? Do you sometimes feel that you don't have time to relax or see friends?

In that case, it might be a good idea to do this workshop. The main objective of which is to give you tools to find balance in your life and to strengthen your resilience.

What does it mean to do a PhD?

What is Burn-out, and how do you recognize the signs?

Headspace (Mindfulness)

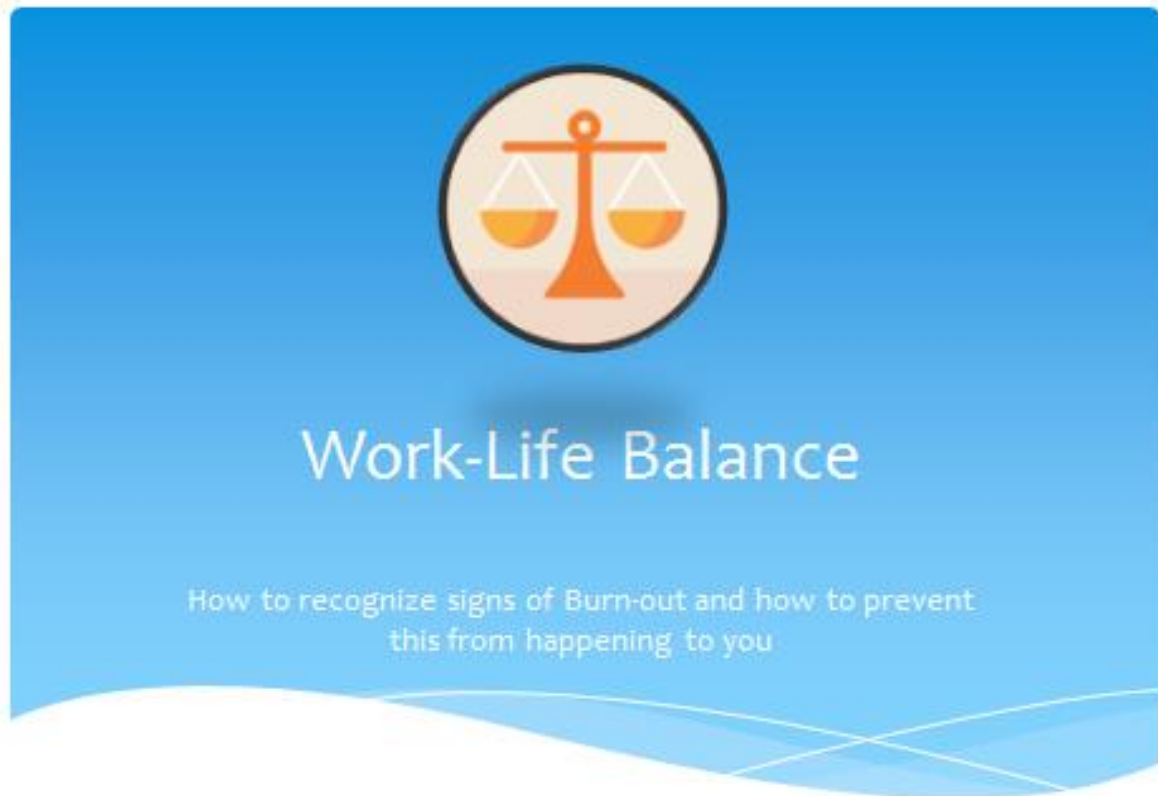
Energy Drainers and Energy Boosters

Ingredients for a Week Plan that keeps you in balance

Obstacles inside and outside your mind

Defusion

ACT



Workshop of three sessions for PhD's

Tuesday February 27, 13.30-16.00 pm

Tuesday March 13, 13.30-16.00 pm

Tuesday March 27, 13.30-16.00 pm

Only 40 Euros!

Student Support and Career Services
Uurwerkersgang 10, Groningen

Registering: send an e-mail to
k.huizing@rug.nl

