

# *Workshops for PhD students on request*

## *Stress Reduction*

This workshop will provide you with insight into which stress factors are at play in your situation. Identifying them can help you to draw up a plan to address and reduce them. Tips and advice will be given to work with less stress.

## *How to motivate yourself in the Pandemic Situation*

The pandemic situation can still mean that you have to work (part-time) at home. For a lot of people it is hard to keep a healthy work-life balance in that situation. Also, not being surrounded by colleagues can make your days lonely. How do you keep motivated and inspired? How can you keep to a schedule that works?

## *Perfectionism*

Perfectionism can have lots of different forms and backgrounds. Find out what perfectionism looks like for you (background, thinking patterns and behavioral aspects) and based on that profile, find out how you can reduce the negative effects and keep the positive sides.

## *Imposter Syndrome*

Many high-achievers (about 70%) share a dirty little secret: Deep down they feel like complete frauds. They view their accomplishments as the result of serendipitous luck. *'They will find out at some point that they made a mistake in hiring me as a PhD Student.'* In this workshop we will address this phenomenon and you will assess yourself: what is the background in your case for feeling like this and how can you try and get rid of this paralyzing feeling?

## *Stop Procrastinating*

A lot of PhD students find it hard to keep up their self-discipline with all the feeling of guilt and dissatisfaction that go along with it. Do you want to get out of this negative pattern? Find you why you procrastinate (you will do a small questionnaire) and based on that outcome, choose to try some of the practical tips provided.

## *Managing your Research Project*

One of the aspects that makes a PhD trajectory different (and harder) from any other first job, is that you also need to manage a project of 3-4 years. How can you know you are on track? How do you keep an overview and manage your time? This workshop will give you some tools and a start to take control over your project.

## *Managing your Supervisor*

What can you expect from your supervisor? And what does your supervisor expect from you? What can you do when the communication is not ideal? This workshop is about the complex collaboration between supervisor and PhD student. After addressing some general issues, there will be time to discuss some individual issues in relation to this subject.

## *Managing your Time*

How can this happen? At 5 pm you realize your day is over and you've got nothing to show for it. In this workshop you will analyze the way you spend your time (bring your agenda) and based on that you will make a blueprint of a week-plan that works. Also, you will get advice on how to keep focus and be assertive.

## *Managing your Work Environment*

Who plays a role in your project? Are they there to help you or are some of them counteracting? You may not be aware of it, but your project is surrounded by a lot of people: supervisors, second supervisors, colleagues, students, people who need to provide you with data, people who use your results. In this workshop you will make a list of all the people who are involved in your project and rate them on importance and contribution (negative or positive). Based on that you will make a map and an action plan to take control and make use of your environment to the max.

All workshops are for free and need to be scheduled for at least two hours  
(available online or on location)