



1,5 day interactive workshop:

From “PhD struggles & stress” to “PhD achievements & freedom”

Why this workshop?

Doing a PhD is demanding. In a short amount of time you are expected to perform at a high level at almost everything: From setting up & performing lab experiments and data analysis, all the way to presenting at conferences and writing papers. Chronic stress, anxiety, fatigue, overwhelm, uncertainty about your future, work/life disbalance, perfectionism, people pleasing, imposter syndrome are very common and maybe you are experiencing some or much of that too. It is this interplay between YOU and your PhD environment that can either lead you into a vicious cycle where burnout is always lurking, or into a virtuous cycle that allows you to grow stronger, more resilient and happier. This workshop is about how to move into that virtuous cycle.

Description of the program:

In this program you will learn to become aware of what is holding you back, to alleviate your stress levels, and to then implement changes in your career & life that will help you to thrive in a sustainable manner. It is an intense and interactive program for PhD candidates who are motivated to work on their personal and professional development. The interactive nature of the program requires an open and active attitude and a willingness to explore beyond your current ways of thinking.

About the trainer:

In terms of PhD struggles, Wouter Leonhard is an expert by experience as he has completed his own PhD in biomedical sciences back in 2014 and worked as a PostDoc scientist for another 5 years. Meanwhile, his interest in what limits people to reach their full potential led him to complete many trainings and courses in the area of coaching, psychology, and leadership development, and he became a full-time accredited coach in 2020 and has helped many scientists ever since.



Structure:

Day 1 (08-March-2024, from 9:00 – 17:00):

PART 1: Radical awareness about the interplay between YOU and your PhD environment.

- What are your triggers?
- What is triggered within you?
- How is this keeping you stuck?

PART 2: Radical acceptance of yourself, others and your situation and how this brings peace of mind.

- Foolish judgement versus radical acceptance.
- How stoic wisdom helps to eliminate toxic self-talk & judgement.
- Mindful practices to cultivate radical acceptance.

PART 3: Action & Integration: Transitioning from a vicious to a virtuous cycle.

- Mindset & habits: From surviving to thriving.
- Action: implementing changes in your career & life in line with your core values.
- Making a commitment to yourself and your co-participants.

Day 2 (22-March-2024, from 9:00 – 13:00):

PART 4: Accountability.

- Evaluating and sharing your experiences & actions between day 1 and day 2.
- What helps and what are your pitfalls in implementing your changes?
- Where to go from here.

Closing & evaluation of the workshop.