Staying Calm and Full of Energy.
Stress Competence for PhD Candidates

Addressees:
Doctoral candidates and postdocs

Goals:
Academic tasks and administration, tutoring and teaching, partner projects… and family first of all! You can feel the stress building up even while reading this. Being asked to do everything at once and straight away is an integral part of daily life in academia. This workshop uses cognitive stress models to show how stress is triggered and the ways in which this can be reduced and avoided. The scope of the workshop does not only include your individual challenges, but also covers the following aspects: identifying and using resources, managing and reducing stress, changing your perception and optimizing your time management accordingly.

Content Outline:
• Stressors in academia
• Mechanisms of stress emergence and consequences of stress
• 3 Pillars of stress competence
• Instrumental stress competence
• Mental stress competence
• Regenerative stress competence
• Personal resources
• Impulses for my personal stress management

Methods:
• Input and discussion
• Individual and group work
• Coaching techniques

Language:
This workshop will be held in English. Good English skills are of advantage but are not a requirement.

Trainer:
Dr. Jan Stamm, impulsplus
Dr. Stamm is a professional communication and behavioral trainer and coach. He has studied philosophy, linguistics and economics at the University of Dortmund, the Humboldt University of Berlin and University of Nottingham. His work focuses in particular on aspects of time and self-management as well as project management in science. He has years of experience in training PhDs. As a coach, he attaches particular importance to clearly bring out the individual concerns and needs of the participants and accurately respond to it.

Date: Wed 24 October 2018, 09:00 a.m. to 05:00 p.m.
Place: TUHH, Am Schwarzenberg-Campus 1, Room A 2.79

Registration:
Due to a limited number of participants a binding registration is necessary. Please ask your supervisor for permission to participate and then address your registration to https://intranet.tuhh.de/anmeldung/stress_competence.
For registered participants attendance at the entire workshop is obligatory.

Contact:
Dr. Krista Schölzig T 040 42878-4337 E Krista.Schoelzig@tuhh.de
Lara Walkling T 040 42878-3752 E Lara.Walkling@tuhh.de