

## Resilience: developing mental strength

Accomplishing your doctoral degree will probably be one of your life's biggest challenges. This workshop will help you develop the mental strength to deal with day-to-day obstacles on your path to that goal. We will discuss the concept of resilience and the life factors and behaviors that foster it. Like physical strength, the mental strength that creates resilience can be achieved by consistently practicing healthy mental habits. With the help of several tools, you too can learn to develop such habits. You will learn to activate these thoughts and actions during difficult times, following unexpected setbacks, and when facing ambiguous situations. Finally, you will develop a "real-time" resilience strategy that you can use in emotionally overwhelming situations or whenever you need to find mental strength quickly.

### Content

- Resilience as a learned process
- Self-assessment of resilience and results
- Avoiding thinking traps
- Challenging existing beliefs
- Calming and Focusing techniques
- Learning from mistakes
- Real-time resilience strategy

### Methods:

Trainer input, group exercises, individual tasks, case studies, self-assessment inventory, selected research studies

### Target Group

Doctoral students experiencing adversities or wanting to train themselves in general resilience techniques

