

Motivation, Focus and Concentration - Time & Self-Management for Academia

Date: 25. & 26. November 2019

Time: 9:30-17:30

Leibniz Centre for Tropical Marine Research (ZMT) GmbH
Fahrenheitstraße 6, 28359 Bremen, Germany

Instructor: Dr. Lisa Heindl (Yellow Couch)

Target group: The course is for all Doctoral Candidates at ZMT. Guest researchers and interested Postdocs or Master Students are also invited to participate.

Credit: Attending at least 90% of the sessions is required. It is not possible to attend only some slots of the course. You can receive a certificate of attendance for the course

Course description:

The success and the quality of a PhD project are closely interlinked with a graduate student's ability to self-motivate and to maintain focus and a high level of concentration over extended periods of time. Conflicting tasks, professional and social distractions, fluctuating levels of interest in their own projects, but also psychological hurdles such as anxiety or a low level of self-esteem can therefore jeopardize both, timely submission and the value of the results. The aim of the workshop is to equip doctoral candidates with the necessary tools and the required mindset to manage their time and themselves for the successful completion of the doctoral project.

As the ability to self-motivate and to produce highly creative work are becoming increasingly rare in today's society, both are considered increasingly important and have been listed among the top skills required for the 21st century. The workshop investigates the relationship between intrinsic motivation and the ability to engage in "deep work" – a 'distraction-free concentration that pushes cognitive capacities to their limit' (Newport, 2016, Csikszentmihalyi, 2008). Participants will be introduced to a range of effective methods to build motivation, to cultivate the required mindset for highly concentrated work and to create time and space to integrate regular, undisturbed deep work periods – even into a very busy daily schedule. Central techniques discussed in the workshop include effective goal-setting, academic time-management, the creation of deep work habits, generative writing strategies and the creation of social support structures.

- **1: The science of motivation:** Positive psychology, intrinsic motivation and self-esteem
- **2: Goal Setting:** How effective goal-setting can boost focus, concentration and your self-confidence
- **3: Keeping focus in a distracted world:** Managing conflicting tasks, distractions and procrastination
- **4: Deep Work:** Strategies for highly concentrated and creative work
- **5: The power of routines:** Building deep work habits
- **6: Social support:** How relationships can help you build motivation and maintain focus
- **7: #shutupandwrite:** Generative writing and the writer's block
- **8: Writing Camp:** Deep work in action

THE TRAINER

Lisa Heindl has been working as a trainer, coach and counsellor in the fields of personal and professional development since 2011. In trainings and individual coaching sessions she supports students and professionals in the process of career orientation and in building skills for academic and professional success. A focus of the work with her clients is the development of intrinsic motivation, focus and grit to formulate and to achieve personal, academic and career-related goals. Prior to founding Yellow Couch, she has worked in the field of human resources and education management.

Education and Professional Training:

- PhD at the University of Bremen
- Master of Science at the London School of Economics (LSE)
- Certification as systemic advisor and systemic therapist at the Norddeutsches Institut für Kurzzeittherapie (NIK)
- Certified MBTI Trainer (AMT)
- Certification as 'Career Expert' (Karriereexpertenakademie, Hamburg)
- Long-term educational and professional stays in den USA, England, Spain and New Zealand

Institutional References: Leibniz-Zentrum für Marine Tropenforschung (ZMT), Universität Bremen, Hochschule Bremen, Bremen International Graduate School of Social Sciences (BIGSSS), Jacobs University Bremen, GISMA Business School Hannover und Berlin, Kühne Logistics University Hamburg (KLU), FLEX Payment Hamburg, Wirtschafts- und Sozialakademie der Arbeitnehmerkammer Bremen (WISOAK), Berufliche Bildung Bremerhaven.