
ZMT Doctoral Retreat 2022.

Mental Health and Well-being in Academia

July 11, 2022

Seminarhof Feuerborn | Osterholz-Scharmbeck

Goals of the Retreat

After the pandemic the ZMT doctoral community wished for a day to connect to each other socialize after the long Corona break. Another goal is, to reflect about research from another perspective, broaden horizon and learn some new skill.

In the morning session the doctoral candidates will present their research to each other.

In the afternoon session we will offer a thematic focus on "Healthy work during my PhD". The Coach Dr. Ulrike Holwarth will give a workshop covering the following topics:

- Basics on relaxation and concentration
- Short and long term relaxation techniques
- Why breaks matter
- Inner attitude towards potential stress factors
- Self regulation techniques

Target group:

ZMT Doctoral Candidates