Mental health at top performance
Stress management for postdocs

TARGET GROUP
Postdocs

TARGET
The postdoc-phase is one of the most stressful periods during a researcher’s life. Next to a 60 h working week and top performance, postdocs also have to handle with a high degree of career uncertainty. This course is based on current neurobiological research results as well as personal values and priorities. The participants examine and develop strategies for self-regulation and to strengthen their resilience.

TOPICS
In this seminar, you will consider important steps of accompanying a thesis, reflect your different roles and tasks at each stage, and structure the process accordingly. Together with your colleagues, you will identify crucial factors of a successful thesis supervision and discuss concrete challenges from your own experiences. Furthermore, you will learn how to conduct effective feedback meetings and develop your advisory expertise through practical exercises.

TRAINER
Judith Bergner, Dipl.-Psych., Executive MBA (HSG)

PERSON IN CHARGE
Dr. Christiane Haupt christiane.haupt@mpg.de

VENUE
Max-Planck-Gesellschaft – Generalverwaltung, Hofgartenstraße 8, 80539 München
www.mpg.de

FEE
The Administrative Headquarters will bear the fees for the speaker. The Institute needs to cover your travel expenses. Please note: Permission must be obtained before applying from your supervisor.

NOTES
VA-Nr. 1035: Registration for this seminar starts January 1, 2018!
VA-Nr. 1036: Registration for this seminar starts September 1, 2018!
Our participation conditions apply; they are included at the end of the brochure for further training.

MAXIMUM NUMBER OF PEOPLE
12

REGISTRATION AND CANCELLATION
Angelika Molkenthin angelika.molkenthin@mpg.de

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zum Inhaltsverzeichnis