Time and Stress Management for Scientists

TARGET GROUP
Doctoral Researchers, Postdocs

Please send your OCEAN-test score from website:
www.outofservice.com to sandro.freudenberg@nccm.de – 2 weeks before the course.

TARGET
An efficient stress and time management is the key to manage all the tasks and projects of your scientific, business, and private life. This course will help you to reach your individual goals by learning how to budget your time wisely and effectively. In order to keep work, science, and private life in balance, you will learn to identify individual stress factors and to use effective methods to reduce stress. Additionally, you will learn how to get more done in less time by eliminating time wasting habits and replacing them with stress and time management skills.

TOPICS
The participants will learn to
• use effective methods of stress, time and self-management,
• become acquainted with the motivational effect of self-set goals on increasing productivity,
• become acquainted with different stress and time styles, to identify their personal time style and to take appropriate action,
• construct weekly plans and to-do lists.

TRAINER
Sandro Freudenberg, NCCM

VENUE
Max-Planck-Institut für Polymerforschung, Ackermannweg 10, 55128 Mainz
www.mpip-mainz.mpg.de
Max-Planck-Institut für medizinische Forschung, Jahnstr. 29, 69120 Heidelberg
www.mpimf-heidelberg.mpg.de

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

NOTES
VA-Nr. 1155: Registration for this seminar starts 01.03.2019!
VA-Nr. 1156: Registration for this seminar starts 01.07.2019!
Terms and conditions for the participation are included at the end of the brochure.

MAXIMUM NUMBER OF PEOPLE
12

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

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