



Photo credit: Desiree Dickerson

# Online workshops for professors and supervisors

## **Academic life and mental well-being in Covid times**

---

Online workshop  
**Mindset & the Inner critic**  
13 November 2020  
9.00 – 12.00

Live sessions via Zoom  
Asynchronous modules  
via Teachable  
Max 20 participants  
Registration by 9 November at  
[www.usi.ch/equality-registration](http://www.usi.ch/equality-registration)

Academics of all disciplines and career-stages tend to harbour a common chorus of voices in their heads, which demand perfection, drive excellence, but also charge a high emotional, physical and mental tax. A healthier approach to academic work is possible and is essential to build a sustainable career. In this half-day online workshop, Dr Desiree Dickerson will help us explore how our mindset and mental models shape our thoughts, choices, and productivity; address perfectionism, imposter syndrome, and self-doubt and how these sabotage our motivation and enjoyment for our work; learn how to shift our mindset in order to create more mental space and energy to think, create, be present, and thrive.

---

Webinar  
**Supporting student mental well-being:  
A useful toolbox.**  
13 November 2020  
14.30 – 16.00

Via Zoom  
Max 100 participants  
Registration by 9<sup>o</sup> November at  
[www.usi.ch/equality-registration](http://www.usi.ch/equality-registration)

Life as a university or doctoral student can be a precarious one, especially for those who are far from their loved ones. The Covid-19 pandemic has exacerbated this experience significantly. As professors, lecturers and supervisors you may have the sense that your students are struggling but simply not know what to do about it. This webinar will provide you with a toolbox for navigating your students' mental health and well-being, whilst at the same time being more mindful and compassionate about your own.

---

**Equal Opportunities Service**  
Università della Svizzera italiana  
+41 58 666 4612  
[equality@usi.ch](mailto:equality@usi.ch)

The instructor, Dr Desiree Dickerson, is a clinical psychologist and former postdoc in the neurosciences. She works globally with universities, lab groups, and academics in the pursuit of a healthier, sustainable approach to research.