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.

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

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

Via Zoom
Max 100 participants
Registration by 9 November at 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.

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.